SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14
SHOPPERS DRUG MART

My life in a van

Man embarks on one-year study in 45-square-foot vehicle to find the meaning of home PAGE 6

TRUE LAWRENCE

WITH A GOLDEN GLOBE AWARD AND OSCAR NOMINATION, THIS HOLLYWOOD IT GIRL IS BEING WATCHED — WHICH IS WHY SHE WON'T GO INTO WHOLE FOODS PAGE 13

VANCOUVER metro®

Thursday, January 17, 2013

News worth sharing.

metronews.ca | twitter.com/vancouvermetro | facebook.com/vancouvermetro

BODY OF WORK

Rosea Lake, a first-year university student at Capilano University, took this photo titled Judgments using her friend Ali Mackenzie as a model. She took the photo as part of an art project in her last year of high school as a way to reassess her assumptions and preconceptions about how women dress. She posted it online and in a matter of a few days, the photo went viral, with more than 280,000 people liking and re-blogging it on Tumblr. Story, page 8. HANDOUT

Council to vote on boosting max fines to $10,000

'Worst offences and repeat offenders'. 39 bylaws could soon come with penalties of five times current cost

Whether the offender is a rowdy neighbour or graffiti artist, perpetual bylaw breakers may soon have to dole out $10,000 for their naughty behaviour.

City council will vote on a proposal to increase the maximum fines to $10,000 from $2,000 for 39 city bylaws at the next council meeting, according to city staff.

Council has been working on the fine increases since 2008, according to a city report that notes the maximum fine is "reserved for the worst offences and repeat offenders."

The province amended Vancouver's charter in 2009 to allow for $10,000 maximum fines. Since then, the city has approved the penalty for the fire, protection of trees and street utilities bylaws.

The fire department noticed as vast improvement in building maintenance after it charged one owner of multiple apartments since the fine increase, according to the report.

The city originally planned to boost max fines for 42 bylaws, but removed three after the Pivot Legal Society challenged their constitutional validity.

Council decided not to proceed with amendments to the city land use regulation, street and traffic, and street vending by-laws as they are before the courts, Iain Dixon of the city's legal services said in a memo Tuesday.

Regardless of maximum fines, the bylaws in question violate the rights of people without homes who resort to sleeping on the street, parks and other city property, according to Pivot's lawsuit.

"Our clients are homeless people, they can't pay $2,000 or $10,000," Pivot lawyer Scott Bernstein said. "But the real point here is these bylaws have to change."

If the city amended the bylaws, these lawsuits would "go away immediately," Bernstein said.

In a statement addressing the lawsuit in November, Mayor Gregor Robertson said the city is "committed to ensuring that our bylaws are enforced appropriately and are not punishing those who are homeless." EMILY JACKSON/METRO

Chopper hits crane in fog

Debris from crash falls into central London street, killing two and injuring 13 PAGE 7

Could you resist this man?

'Wild-card royal' Prince Harry is crowned the world's most eligible bachelor PAGE 14

Bringing up Carrie

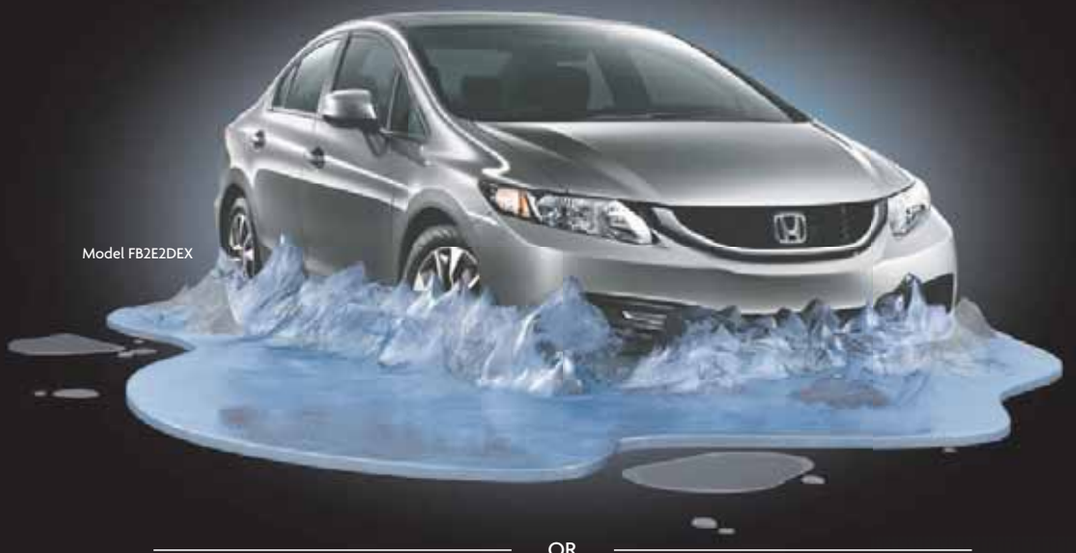
The star of Sex and the City prequel is surprisingly laid-back about her own look PAGE 15

Your future is bright in Healthcare
BRIGHTON COLLEGE
"I got a job offer from Dufferin Care Center right after I graduated! I recommend Brighton College's program to anyone interested in Healthcare."
- Harjit Sidhu, RCA Graduate
Healthcare professionals are in high demand! Have you ever thought about pursuing a career as a Resident Care Attendant (RCA)? Start with our fast-tracked Healthcare courses by inquiring about our immediate start dates.
Call today 604-901-5121
or visit www.brightoncollege.com

Honda
WINTER PAYMENT
FREEZE
Event

Put your payments on ice.

Don't pay for 90 days on all Civic financing.¥



Model FB2E2DEX

OR

Lease the 2013 Civic DX for $178* per month for 48 months.

3.99%# APR.
$1,880 Downpayment.
MSRP** $16,935.

Luxurious style inside and out

Legendary Honda fuel economy

The social Civic

Know what's behind you

BCHONDA.COM

HONDA

¥No payments for 90 days offer applies to finance offers on all new 2013 Civic Sedan models purchased and delivered by January 31st, 2013. Offer available only through Honda Financial Services, on approved credit. Monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will not accrue during the first 60 days of the contract. After 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract, but not until 90 days after the contract date. Standard rates do not qualify for deferred payment offer. Offer ends January 31st, 2013 and cannot be combined with any other offers. *Limited time lease offer based on a new 2013 Civic DX 5MT model FB2E2DEX. #3.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $178.77. Downpayment of $1,880.00, first monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $10,460.96. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometer. **MSRP is $16,935 including freight and PDI of $1,495 based on a new 2013 Civic DX 5MT FB2E2DEX. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchase. #/*/**. Offers valid from January 3rd through 31st, 2013 at participating Honda retailers. Dealer may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Education. Board asks province for $850M to upgrade schools

Safety trumps heritage for Vancouver schools badly in need of upgrades, but the school board needs a massive influx of provincial cash to start renovations in the first place.

The Vancouver School Board asked the province for $850 million to complete seismic upgrades or replace 30 schools over the next five years, according to a presentation to city council Wednesday.

"This is probably the largest request they've ever seen," board chair Patti Bacchus said, adding the board hoped for council's support and advocacy in its attempts to make schools earthquake-safe.

Even more cash will be needed to upgrade a remaining 12 schools before 2020, a goal set by the provincial government in 2005.

"We can't afford to dither," Bacchus said, drawing a comparison to fast-tracked spending during the 2010 Olympics where "they could fly snow from one mountain to another if they needed to."

The province has already funded upgrades to 32 Vancouver schools, Bacchus said, and parents are trying to transfer their kids to these seismically-safe locations.

But at this time, there is no agreement on the cost of Vancouver's 30 projects, B.C. ministry of education spokesman Scott Sutherland said.

"More work is needed to confirm the scope and cost of each project," he said, noting that the province is also reviewing capital plans from B.C.'s other school districts before it decides where to direct funds.

EMILY JACKSON/METRO

Premier Christy Clark announced Wednesday that new legislation will be introduced this spring to extend the auditor-general's term to eight years from six.

PHYLICIA TORREVILLAS/METRO

Two more years for B.C.'s AG: Clark

John Doyle. Legislation will increase auditor general's term from six to eight years, but will be limited to one stint

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Premier Christy Clark says she has asked the Liberal members of the auditor-general selection committee to ask John Doyle to stay on for two more years.

During the premier's first press conference of 2013, Clark announced that legislation will be introduced in the spring will improve a "profoundly flawed" process of appointing B.C.'s auditor-general.

The new legislation will extend the provincial auditor-general's term to eight years from six, but will limit it to a single term.

"By doing this we give the auditor-general appropriate time to be able to pursue the matters that he or she believe need to be looked into appropriately and effectively, without worrying about whether or not they will be rehired," Clark told reporters Wednesday. "And without perceptions that election-year concerns are playing a role."

Clark's recommendation comes after criticism over the controversial decision not to rehire Doyle, whose audits have been critical of the Liberal government.

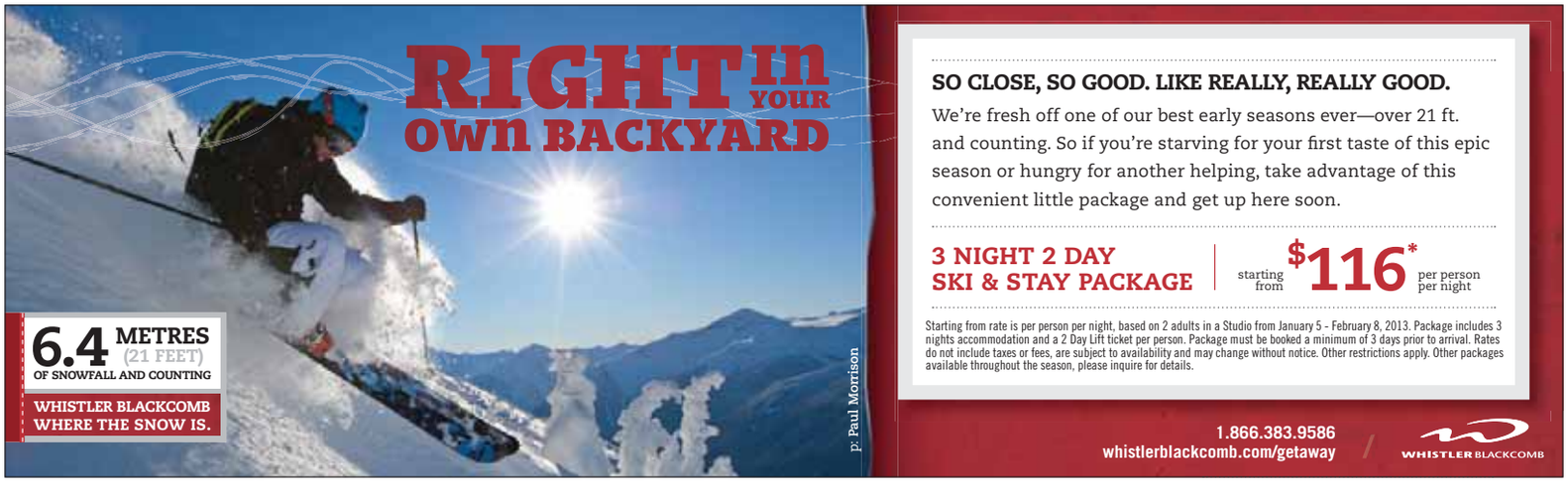
But NDP caucus chair Shane Simpson accuses Clark of doing "damage control to clean up the mess by not re-appointing Doyle in the outset."

He said it's too early to say if the B.C. NDP would support the changes and needs to see legislation first.

Clark said she has communicated her "hope" to the three Liberal MLAs in the bipartisan committee to extend an offer to Doyle to stay in his role for another two years.

But that decision has to be made unanimously by the committee, she added, and whether Doyle will accept is another thing.

The committee, which is also made up of two NDP MLAs, started discussions at a closed-door meeting at noon Wednesday and will resume talks later this week.


RIGHT in YOUR OWN BACKYARD
6.4 METRES (21 FEET) OF SNOWFALL AND COUNTING
WHISTLER BLACKCOMB WHERE THE SNOW IS.
p: Paul Morrison
SO CLOSE, SO GOOD. LIKE REALLY, REALLY GOOD.
We're fresh off one of our best early seasons ever—over 21 ft. and counting. So if you're starving for your first taste of this epic season or hungry for another helping, take advantage of this convenient little package and get up here soon.
3 NIGHT 2 DAY SKI & STAY PACKAGE
starting from $116* per person per night
Starting from rate is per person per night, based on 2 adults in a Studio from January 5 - February 8, 2013. Package includes 3 nights accommodation and a 2 Day Lift ticket per person. Package must be booked a minimum of 3 days prior to arrival. Rates do not include taxes or fees, are subject to availability and may change without notice. Other restrictions apply. Other packages available throughout the season, please inquire for details.
1.866.383.9586
whistlerblackcomb.com/getaway
WHISTLER BLACKCOMB

Check this guy out! A new twist at the library

Human Library.
Borrow a one-on-one conversation with people like a refugee or a 'queer Islamophobe'

LIAM BRITTEN
vancouver@metronews.ca

The Vancouver Public Library has a few new books. And if you don't return them, you may face kidnapping charges.

The "human books" make up the VPL's Human Library exhibit, held as part of the 2013 PuSh Arts Festival. The "books" are people with a variety of experiences you can "check out" for one-on-one conversations lasting 20-30 minutes.

A born-again Christian, a sex therapist, a refugee, and even a "queer Islamophobe" will be among the 30 books available.

Vancouver playwright Dave Deveau, curator of the Human Library, said the project is an important way to connect with people who have radically different viewpoints.

"It's really rare to be able to sit down and … talk one-on-one with a person who we probably wouldn't necessarily strike up a conversation with," he said. "It lets us peer, very briefly, into their lives and their struggles."

This Human Library will be Vancouver's first. Ronni Abergel founded the project in Denmark in 2000, and hundreds have been held worldwide since.

"What this is ... about is to get people who thought they really didn't like each other to talk and have sympathy for each other," said Abergel.

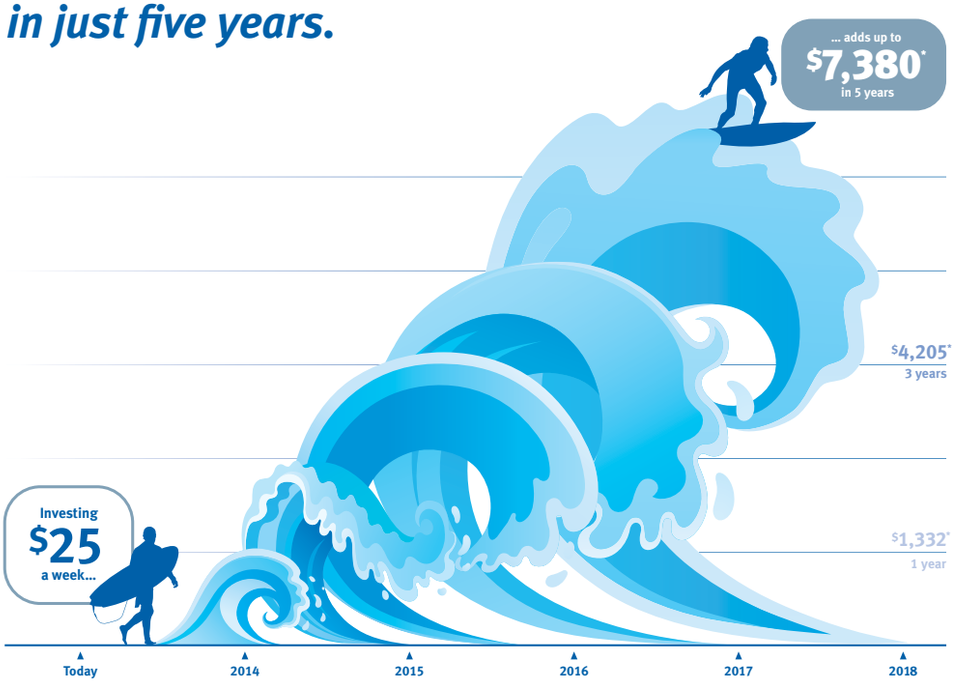
When to go

- The Human Library is free and runs Jan. 18-20, 25-27 and Feb. 1-3 from 12-4 p.m.

Human Library curator Dave Deveau at UBC on Wednesday, promoting his project. LIAM BRITTEN/FOR METRO

RBC Royal Bank

Hang ten at Bondi Beach...
in just five years.



No matter what you're investing for,
$25 a week can get you there. Start today.

Talk to an RBC® advisor,
call 1-866-809-2197 or
visit rbc.com/bondi

Advice you can bank on™

® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially.

Hand injury

Police ask public for help with Vanderhoof murders

The death of a man and woman in Vanderhoof is now being treated as a homicide.

Blaine Albert Barfoot, 29, and Tara Lee Ann Williams, 40, were found dead in a Vanderhoof home on Jan. 13. Both were known to police, and were living a "high risk" lifestyle.

RCMP are asking for the public's help to find someone with a recent injury to their arms or hands, which may have been sustained in the pair's deaths.

LIAM BRITTEN/METRO

L'Hermitage

Vancouver hotel named one of world's top 25

Travel website TripAdvisor has named Vancouver's L'Hermitage Hotel as one of the world's top 25 hotels in their 2013 Travellers' Choice ranking.

L'Hermitage came in at No. 18 and was the only North American destination besides the first-place hotel, the Four Seasons Resort Hualalai in Hawaii.

TripAdvisor's review praised L'Hermitage's rooms, beds, room service and "amazingly friendly staff." L'Hermitage was previously called the best hotel in Canada in the 2012 Travellers' Choice listing. LIAM BRITTEN/METRO

We're cops, we live here.

Off-duty RCMP couple nab would-be thief

An alleged thief targeted the wrong truck to break into in Chilliwack Sunday.

Staff Sgt. Suki Manj was on the phone looking out the window of his home at around 5:20 a.m. when he saw a man ride his bike up his driveway and begin breaking into his truck.

Manj, wearing only shorts and no shoes, ran out of his home in -5 C weather to confront the would-be thief.

After a "lengthy struggle," Manj asked his wife, RCMP Cpl. Tammy Hollingsworth — media officer for the Upper Fraser Valley — to ask for help from neighbours, who came out and assisted the couple.

Uniformed officers arrived and arrested a 25-year-old man from Chilliwack, who's since been released and returns to court in February.

Both officers suffered frostbite to their feet, while Manj severely pulled his back.

Manj and Hollingsworth thanked their neighbours for coming to their aid.

Working overtime

"Neighbours and the community at large have a higher expectation of police officers whether on, or off duty ... This is an example of that expectation being met."
RCMP spokesperson Const. Tracy Wolbeck

"This area has been hit very hard with property crime recently and the community there had a vested interest in apprehending the suspect," RCMP spokesperson Const. Tracy Wolbeck said in a press release.

"Neighbours and the community at large have a higher expectation of police officers whether on, or off-duty," she said. "These officers engaged the suspect despite the potential danger to themselves."

PHYLICIA TORREVILLAS/METRO

the Be Happy event

Your first 3 bi-weekly payments* are on us.

on most new 2013 models

plus

up to 0%† purchase financing for up to 72† months

on most 2013 models

Or

up to $7,500‡ in manufacturer rebates

on most new 2012 models. F-150 Super Cab or Super Crew with 5.0L engine amount shown.

2013 FOCUS
SE SEDAN

5.5L/100km 51MPG HWY***
7.8L/100km 36MPG CITY***

Bi-Weekly purchase financing
$122" @ 0% APR
For 72 months with $0 down
or cash purchase for only
$18,999*

Offers include $500 manufacturer rebate and $1,650 freight and air tax.

2013 ESCAPE
SE FWD 1.6L ECOBOOST®

6.0L/100km 47MPG HWY***
9.1L/100km 31MPG CITY***

Bi-Weekly purchase financing
$188" @ 1.49% APR
For 72 months with $0 down
or cash purchase for only
$27,999*

Offers include $1,650 freight and air tax.

2013 F-150
SUPER CAB XLT 4X4

10.6L/100km 27MPG HWY***
15.0L/100km 19MPG CITY***

Bi-Weekly purchase financing
$234" @ 4.99% APR
For 72 months with $0 down
or cash purchase for only
$31,499*

Offers include $1,500 manufacturer rebate and $1,700 freight and air tax.

plus

Recycle Your Ride and get up to $3,000*

COSTCO WHOLESALE Eligible Costco members receive an additional $1,000*

on most new 2013 models ends January 31st

Ford

Get a vehicle you'll be happy with today. Only at your BC Ford Store.

Go Further

bcford.ca

SiriusXM

Available in select vehicles. Price excludes fees and taxes. Limited time offer. See dealer for details.

*Offers apply to new 2013 models. Super Duty amount shown. ♥Program ends January 31, 2013. †Purchase financing for up to 72 months on most new 2013 models with approved credit. Bi-weekly payment example: $122 bi-weekly for 72 months on 2013 Focus SE Sedan with 2.0L Duratec-I4 engine (6F) and Automatic transmission (6DCT) (Model Code DYB) with Tuxedo Black paint (UM) and Charcoal Black cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ‡Up to $7,500 manufacturer rebate available on most new 2012 models. F-150 Super Cab or Super Crew with 5.0L engine amount shown. $1,000 rebate on most new 2013 models. Offer ends January 31st. Some conditions may apply. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. **Based on Natural Resources Canada's fuel consumption ratings. Actual fuel consumption will vary based on driving habits and other factors. Use for comparison purposes only. ***Based on Natural Resources Canada's fuel consumption ratings. Actual fuel consumption will vary based on driving habits and other factors. Use for comparison purposes only. ◆Offer available on approved credit through Ford Credit to purchase retail customers of new 2013 Escape SE FWD 1.6L EcoBoost® (Model Code DYB) with Tuxedo Black paint (UM) and Charcoal Black cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ▲Offer available on approved credit through Ford Credit to purchase retail customers of new 2013 F-150 Super Cab XLT 4x4 (Model Code DYB) with Oxford White paint (UM) and Medium Earth Gray cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ♦Offer available on approved credit through Ford Credit to purchase retail customers of new 2013 Escape SE FWD 1.6L EcoBoost® (Model Code DYB) with Tuxedo Black paint (UM) and Charcoal Black cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ♠Offer available on approved credit through Ford Credit to purchase retail customers of new 2013 F-150 Super Cab XLT 4x4 (Model Code DYB) with Oxford White paint (UM) and Medium Earth Gray cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ♣Offer available on approved credit through Ford Credit to purchase retail customers of new 2013 Focus SE Sedan with 2.0L Duratec-I4 engine (6F) and Automatic transmission (6DCT) (Model Code DYB) with Tuxedo Black paint (UM) and Charcoal Black cloth seat trim (AB). Total obligation $4,392. Cost of borrowing $1,392. Annual interest rate 0%. Taxes, insurance, registration, licence fees and optional equipment are extra. Dealer may sell for less. Offer may change or end without notice. Offer available to approved applicants through participating dealers in Canada. ♥Program ends January 31, 2013. Offer applies to new 2013 models in dealer stock as of January 2, 2013. Dealer may sell for less or more. Dealer order or trade may be required. Limited to retail customers. Not available on Fiesta, Transit Connect, Transit Wagon, Transit, E-Series, Mustang Shelby GT500, Raptor, Special Edition, Boss 302, Boss 302 Laguna Seca, Shelby GT350, Shelby GT350R, Shelby GT500, Super Duty Chassis Cab, Super Duty Stripped Chassis, Super Duty Cutaway, Super Duty Motorhome Chassis, Super Duty Commercial Chassis, Super Duty Incomplete Vehicles, Super Duty Medium Duty Trucks, Super Duty Low Cab Forward, Super Duty Class 4 and 5 Trucks, Super Duty Class 6 and 7 Trucks, Super Duty Class 8

Man in a van says he's already feeling at home

Making do with less. For under $1,000, Mathew Arthur converted a vehicle into a living space for a year-long stay

EMILY JACKSON
emily.jackson@metronews.ca

Mathew Arthur didn't anticipate the loud pitter-patter of raindrops on his van's steel roof the first night he slept in his new home.

He purchased a tarp the next day, one of the little adjustments he's had to make as he embarks on an effort to live in his 45-square-foot van for one year to explore the meaning of home in a city where many are priced out of the housing market.

"I can't wait to have someone over and cook them dinner," Arthur said after his first night, despite the major anxiety he had while falling asleep: "I thought, what the eff am I doing?"

The Vancouver-based designer is documenting his experience at blog.vanyear.com to explore how people define themselves through their living space in a culture of "more, more, more." Hundreds have visited his blog daily since he started it in late 2012.

Urban campers have sent Arthur tips on van living, including the best places to shower and park without getting the boot.

Their emails tell the story of those pushed out of conventional living spaces by skyrocketing housing costs, he said, though his project is more artistic than survival-based.

Just days into his project, Arthur realized it might comment on sustainability as well.

"You don't have to have a house, a dishwasher, a two-car garage — it's excess consumption," he said, noting it took him no time at all to appreciate just how much water he uses for washing and preparing food.

Mathew Arthur displays his in-van water pump. EMILY JACKSON/METRO

Mathew Arthur renovated an old van where he will live for a year. CONTRIBUTED

Quoted

"You don't have to have a house, a dishwasher, a two-car garage — it's excess consumption."
Mathew Arthur

His family helped convert the tiny space into a home complete with insulation, plywood floors, a burner, a pump sink, a folding table, a mini-fridge and, yes, a smell-proof container for bodily fluids.

The total cost was $900, including the van, plus $250 per month to rent a parking space and power.

"It already feels like home to me," Arthur said.

'Personal view' only, pipeline panel tells MLA

B.C. NDP environment critic Rob Fleming was chastised by the Northern Gateway pipeline review panel at public hearings in Vancouver Wednesday for attempting to denounce the project on behalf of his party.

"In my brief amount of time here today I want to outline several key reasons why, after careful consideration of the information submitted during this process, our Opposition caucus opposes the Enbridge Northern Gateway project," the Victoria MLA began.

Before he could continue, National Energy Board vice-chair Sheila Leggett, one of three experts who sit on the Joint Review Panel (JRP), broke in.

"Mr. Fleming, I'll just interrupt to say that we're here to listen to your personal view, and so we look forward to hearing your personal views as opposed to a political statement," she said.

"It's not a political statement," Fleming protested, "but as a legislator I want to outline a number of reasons why I think the Opposition caucus's views amount to why this is not in the provincial interest or the national interest."

Speaking for himself thereafter in order to comply with what he later referred to as the panel's "stylebook," Fleming argued First Nations communities would be devastated by an oil spill and that they have not been adequately consulted.

He said there is a reason why there has been a de facto moratorium in place for bulk oil tankers on the north and south coast of B.C. since the '70s: Because they contain sensitive ecosystems that have "high ecological, cultural and economic value."

The B.C. NDP has been campaigning for the May provincial election on the promise to unconditionally oppose the project should it win power.

The Liberals have outlined five criteria that must be met in order for Enbridge to gain their support, including B.C. getting a "fair share" of the profits.

Fleming repeated his party's willingness to battle the federal government in court if it approves the project. The Conservative majority passed an omnibus budget bill last year that gave itself the final say on the decision — regardless of the JRP's recommendations, which are expected by the end of the year.

KATE WEBB/METRO

By the numbers

60%

A December poll showed 60 per cent of British Columbians oppose the pipeline.

B.C. NDP environment critic Rob Fleming told the Northern Gateway review panel Wednesday in Vancouver that First Nations communities have not been adequately consulted on the project. KATE WEBB/METRO

Helicopter goes down on busy London street

Two dead. Pilot and a man on the ground killed after chopper collided with crane in foggy weather

A helicopter crashed into a crane and fell on a crowded street in central London during rush hour Wednesday, sending flames and smoke into the air. The pilot and one person on the ground were killed and 13 others injured, officials said.

The pilot had requested to divert to the nearby London Heliport because of bad weather, the site said in a statement.

The company identified the pilot as Peter Barnes, 50, whose career included flying in films such as Saving Private Ryan and Die Another Day.

"He was a very highly skilled pilot, one of the most experienced in the U.K., with over 12,000 flying hours," said Philip Amadeus, managing director of RotorMotion, a helicopter charter business.

Police identified the other fatality as 39-year-old Matthew Wood, from south London.

The crash unfolded at the height of the morning commute when thousands of pedestrians in the area were trying to get to work. The weather at the time was overcast and misty, with fog and poor visibility, according to the Met Office weather forecasting service.

William Belsey, 25, a landscape worker at the scene, said he heard the impact.

"Luckily the crane operator was late for work.... He picked a good day to be late," Belsey said.

THE ASSOCIATED PRESS

Sudden panic

"I was 100 per cent sure it was a terrorist attack."

Allen Crosbie, site manager for a landscaping firm working at the scene

The crash site in Vauxhall, south London. LEWIS WHYLD/THE ASSOCIATED PRESS

Underestimated. Survey suggests energy-drink danger on the rise in U.S.

A new U.S. government survey suggests the number of people seeking emergency treatment after downing energy drinks has doubled in the last four years as the industry surged.

From 2007 to 2011, the government estimates the annual number of emergency-room visits shot up from about 10,000 to more than 20,000. Most involved teens or young adults, according to a survey released last week.

The report calls energy-drink consumption a "rising public health problem" that can cause insomnia, headache, fast heartbeat and seizures.

"A lot of people don't realize the strength of these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in Cleveland.

In 2011, about 42 per cent of the cases involved energy drinks in combination with alcohol or drugs, such as the stimulants Adderall or Ritalin.

"I saw one young man who had mixed energy drinks with alcohol.... He was so dehydrated he had renal failure," said Dr. Steve Sun of San Francisco.

Dr. Steve Sun has seen an increase in such cases in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

"Because he was young he did well ... but if another patient had had underlying coronary artery disease, it could have led to a heart attack."

The findings follow reports from last fall of 18 deaths possibly tied to the drinks — including a 14-year-old girl who died after drinking two large cans of Monster Energy.

Two senators are calling for the Food and Drug Administration to investigate safety concerns about energy drinks.

In 2011, sales volume for the drinks rose by almost 17 per cent, Beverage Digest found.

The industry says there is no proof linking its products to adverse reactions.

THE ASSOCIATED PRESS

Sex ed

Teacher banned from classrooms over porn history

A U.S. teacher fired after students learned she had appeared in pornographic movies has been told she can't return to the classroom.

A three-judge commission in California said unanimously that Stacie Halas can't teach again.

Halas' decision to "engage in pornography was incompatible with her responsibilities as a role model for students," district superintendent Jeff Chancer said in a statement.

THE ASSOCIATED PRESS

Poland

Man tried to name pub after rapist Josef Fritzl

Polish authorities have cancelled the lease for a cellar pub that was to be named after Josef Fritzl, an Austrian man serving a life sentence for locking his daughter in a basement, raping her and fathering her seven children.

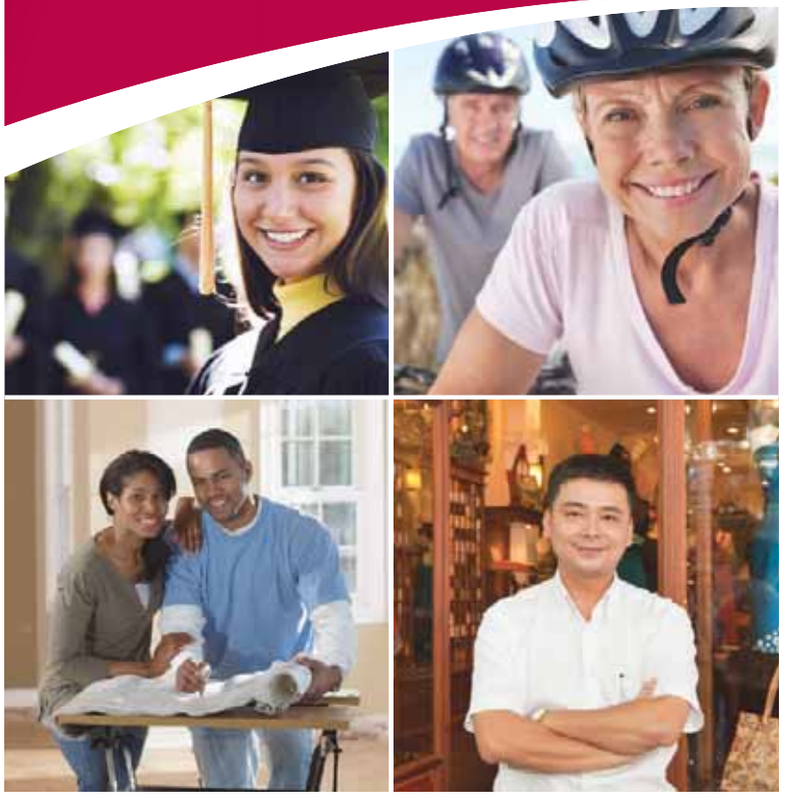
A businessman had planned to open "Fritzl's Cellar" in Warsaw in what he described as a "publicity stunt."

The businessman could face up to one year in prison if convicted of public promotion of crime.

THE ASSOCIATED PRESS

TabooShow.com
facebook.com/TabooShow
@TheTabooShows
WE-VIBE PRESENTS
12TH ANNUAL VANCOUVER
Taboo®
sex
the naughty but nice show
JANUARY 17 - 20
VANCOUVER CONVENTION CENTRE EAST
MICHELLE BOMBSHELL MCGEE & PORNSTAR FRIENDS
CANADA'S #1 EXOTIC MALE REVUE
BODY HEAT
Feature Nights, Live Entertainment, Fashion Shows, Sexy Seminars, Live Dungeon Demonstrations, Unique Products, Amazing Prizes, Body Painting, Pin-Up Pageant and Much More!
JACKPOT!
PULL & YOU COULD
WIN $25,000
$20 ADMISSION SAVE $5 ONLINE
This is a licensed event. No one under the age of 19 will be permitted.
HEDONISM
CAM4 FREE WEBCAMS
TEMPTATION RESORT SPA CANCUN AN ADULT EXPERIENCE
Desire RESORTS
D'n'A distributions
TINGLE

You're our reason to celebrate



DROP BY FOR CLIENT APPRECIATION DAY ON THURSDAY, JANUARY 24, 2013

Refreshments will be served.
Ask about our special offers.

Learn more at
cibc.com/clientappreciation

CIBC FOR WHAT MATTERS.

"CIBC For what matters" is a TM of CIBC.

Vancouver student's provocative photo sparks online discussion

Fresh perspective.
18-year-old has received emails from women all over the world since photo went viral

Making a statement

"I'm just happy it has sparked so much dialogue and conversation."
18-year-old student Rosea Lake

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgments, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and re-blogging it.

She took the photo as part of a high-school art project last year as a way to reassess her assumptions and preconceptions about how women dress.

"If you see a girl wearing something you see as distasteful, then you automatically discount them as a person and you don't give them the opportunity to really be somebody in your eyes," said Lake, 18. "And that's really shameful."

She says the image is also meant to be a response to rape culture. Right under the words "slut" and "whore" on model Ali Mackenzie's leg are the words "asking for it."

Lake says that living in a "rough neighbourhood," she has often wondered if her outfit will result in her being "sexually harassed or verbally abused."

"These are the things I think about, and I don't think women ... should have to worry about 'Am I going to be raped because of what I am wearing today?'"

When she did the art project, she wrote on her blog that she "used to assume that all women who wore hijabs were being oppressed ... and look down on and judge any woman who didn't express her sexuality in a way that I found appropriate.

"I'd like to think I'm more open now."

Thanks to the Internet, the image has been seen all around the world. And it's a message that has resonated with everyone who has seen it.

She has received emails from women in Turkey and Bosnia who have loved the photo. Rape survivors from around the world have emailed her to thank her for her candidness. **TORSTAR NEWS SERVICE**

Leaving traffic Idled

Idle No More protesters march toward the Ambassador Bridge in Windsor, Ont., Wednesday. About 1,000 demonstrators disrupted traffic to the country's busiest border crossing for several hours. Amid pleas from aboriginal leaders for civility on both sides, peaceful protest appeared to be the order of the day across Canada, but motives varied. Some groups spoke of their own land claims; others decried the federal government's changes to environmental oversight. Still others spoke of the need to honour all First Nations treaties.

GEOFF ROBINS/THE CANADIAN PRESS

New deal.

Obama announces $500M plan to curb gun violence

President Barack Obama on Wednesday launched the most sweeping effort to curb U.S. gun violence in nearly two decades, announcing a $500-million package that sets up a fight with Congress over bans on military-style assault weapons and high-capacity ammunition magazines just a month after a shooting in Connecticut killed 20 school children.

Obama signed 23 executive actions, which require no congressional approval. But the president, speaking at the White House, acknowledged the most sweeping, effective actions must be taken by lawmakers. "To make a real and lasting difference ... Congress must act soon," Obama said.

The president appealed to the nation's conscience, but his announcement promises to lead to a bitter fight with a powerful pro-gun lobby that has long warned supporters that Obama wanted to take away their guns.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." **THE ASSOCIATED PRESS**

100% Canadian Owned & Operated

ARMY & NAVY

SINCE 1919

TAKE AN EXTRA 20% OFF ONE SINGLE ITEM IN-STORE

Some exclusions apply. See in store for details.

SHOP ONLINE @ ARMYANDNAVY.CA | **SALE RUNS FRIDAY, JANUARY 18TH TO SUNDAY, JANUARY 20TH**

LOWEST PRICE EVER

Bath Towels 24x48" **2.99**

LOWEST PRICE EVER

Pillow Standard
Queen - $5.99
King - $7.99
3.99

LOWEST PRICE EVER

Reversible Comforter **9.99**

LOWEST PRICE EVER

Open Stock Sheets Twin, Double, & Queen **4.99**

Mens Full Zip Hoody M-2XL **14.99**

GILDAN

Mens Fleece Pants S-2XL **9.99**

Ladies Fleece Pants S-2XL **9.99**

OXYGEN

Ladies Kangaroo Hoody S-XL **14.99**

Mens Casuals

Mens Athletics

PUMA

COMPARE TO $100

49.99

Mens Casuals

Ladies Athletics

SAVE 69¢

Gold Seal Sardines 125g **50¢**

SAVE 99¢

Green Giant Niblets or Cream Corn 398mL **50¢**

SAVE 49¢

Hereford Vienna Sausage 113g **50¢**

SAVE 99¢

Campbells Cream of Mushroom Soup 241mL **50¢**

SAVE 79¢

Kraft Dinner 225g **50¢**

LIMIT 6 PER CUSTOMER - WHILE QUANTITIES LAST.

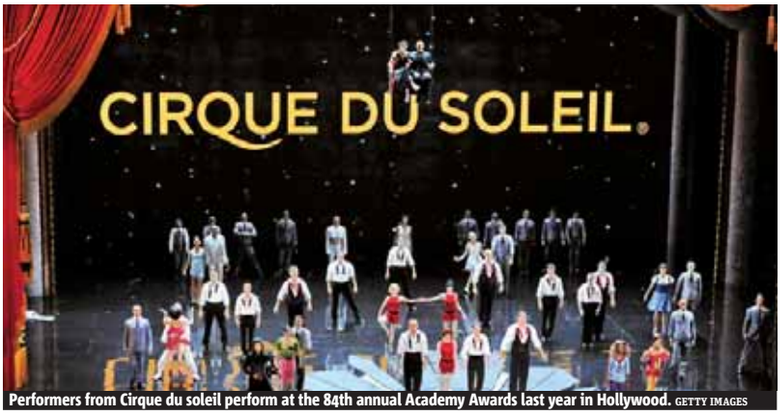
VANCOUVER
36 W. Cordova Street • 604-682-6644

NEW WESTMINSTER
502 Columbia Street • 604-526-4661

LANGLEY MALL
5501 204th Street • 604-514-1774

Cirque du soleil to let go of 400 staff

Blame the loonie.
Company says they had a record year, but no profit due in part to production costs



Performers from Cirque du soleil perform at the 84th annual Academy Awards last year in Hollywood. GETTY IMAGES

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing. "The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight.

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more than $1 billion."

Despite that, Cirque didn't make money, Ménard said. She said the powerful loonie hit Cirque hard in that its profit is affected by nearly $3 million for each cent the currency gains against the U.S. dollar.

Cirque employs about 5,000 people worldwide, including 2,000 in Montreal.

It still has 19 productions worldwide and is currently working on a new show that will open in May in Las Vegas. Another touring production that will open in the spring of 2014 is also in the works.

Cirque's performances have played to an estimated 15 million people since it was founded by street performer Guy Laliberté in 1984.

It has undertaken several years of unprecedented expansion amid the world economic meltdown in 2008, but has been forced to close four shows in the last couple of years.

THE CANADIAN PRESS

Employment

Applicants with disabilities overlooked: Panel

Many companies struggling to find the right employees are overlooking a talented pool of disabled workers, a government-commissioned panel has found.

The group found that almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

Their report says that when companies hire people with disabilities, no special accommodation is required in 57 per cent of cases. When arrangements are necessary, the average cost to the company is just $500.

THE CANADIAN PRESS

Smoking batteries

Boeing 787s grounded over safety concerns

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries.

For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787, this time on Japan's All Nippon Airways.

Almost half of the 787s that have been delivered have been grounded for safety checks. And the latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought.

The Dreamliner has been beset for more than a week by one mishap after another. THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.41¢
(-0.21¢)

Natural gas: $3.44 US (-2¢)
Dow Jones: 13,511.23 (-23.66)

TSX
12,608.82 (-33.15)

OIL
$94.24 US (+96¢)

GOLD
$1,683.20 US (-70¢)

THIS IS MY
REVOLUTION
Choose different not just another gym
Hundreds of exciting group fitness classes
Nutrition and weight loss programs
Women's only areas
Vancouver's best personal trainers
18 convenient locations
Yoga and Pilates classes
International fitness club access
Pro shops featuring brand name apparel
+ SNAP THE QR
Enter to win a ski /bindings package and two season passes from Cypress Mountain and Comor - Go Play Outside.
cypress mountain
COMOR
8 day workout pass
Valid at all 18 Steve Nash locations
exp. Jan. 30th, 2013
LIMITED TIME OFFER
2 FOR 1 OR 50% OFF
ENROLLMENT FEE
2 for 1 valid towards enrollment fee or 50% off one person. First time members only.
STEVE NASH FITNESS WORLD & SPORTS CLUB
VISIT US ONLINE
SNCLUBS.COM
CALL US
604-495-NASH
CELEBRATING OUR 18th LOCATION IN YALETOWN express

GET YOUR FLU SHOT, JACKASS

HE SAYS...
John Mazerolle
metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

Take one for the team

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.

Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES

A storm is a-brewin'

DAIMLER AG/CONTRIBUTED

Man-made weather

Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially-generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. METRO

Artificial tornadoes

Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVEtec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. METRO

Faking it

Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

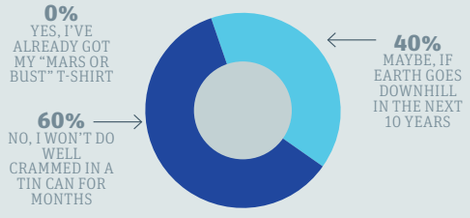
Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be applying for a one-way trip to Mars in 2023 with the Mars One project?


0%
YES, I'VE ALREADY GOT MY "MARS OR BUST" T-SHIRT
60%
NO, I WON'T DO WELL CRAMMED IN A TIN CAN FOR MONTHS
40%
MAYBE, IF EARTH GOES DOWNHILL IN THE NEXT 10 YEARS

Twitter

@MayorGregor: Council unanimously supported my motion for 120 day protection order on #Waldorf for heritage review: http://ow.ly/gQ4u4

@iAmritB: There's a Lululemon warehouse sale this weekend in Vancouver. Be prepared to see a lot more women wearing Uggs with yoga pants. #NoThanks

@TheTowelBoy: @RossCreekNation The Canucks are missing David Booth, man! DAVID BOOTH! THEY'RE DOOMED!!!!1! #Sarcasm

@trev_stackhouse: So what are the bets on which Canucks player goes down tonight? My money's on Higgins.

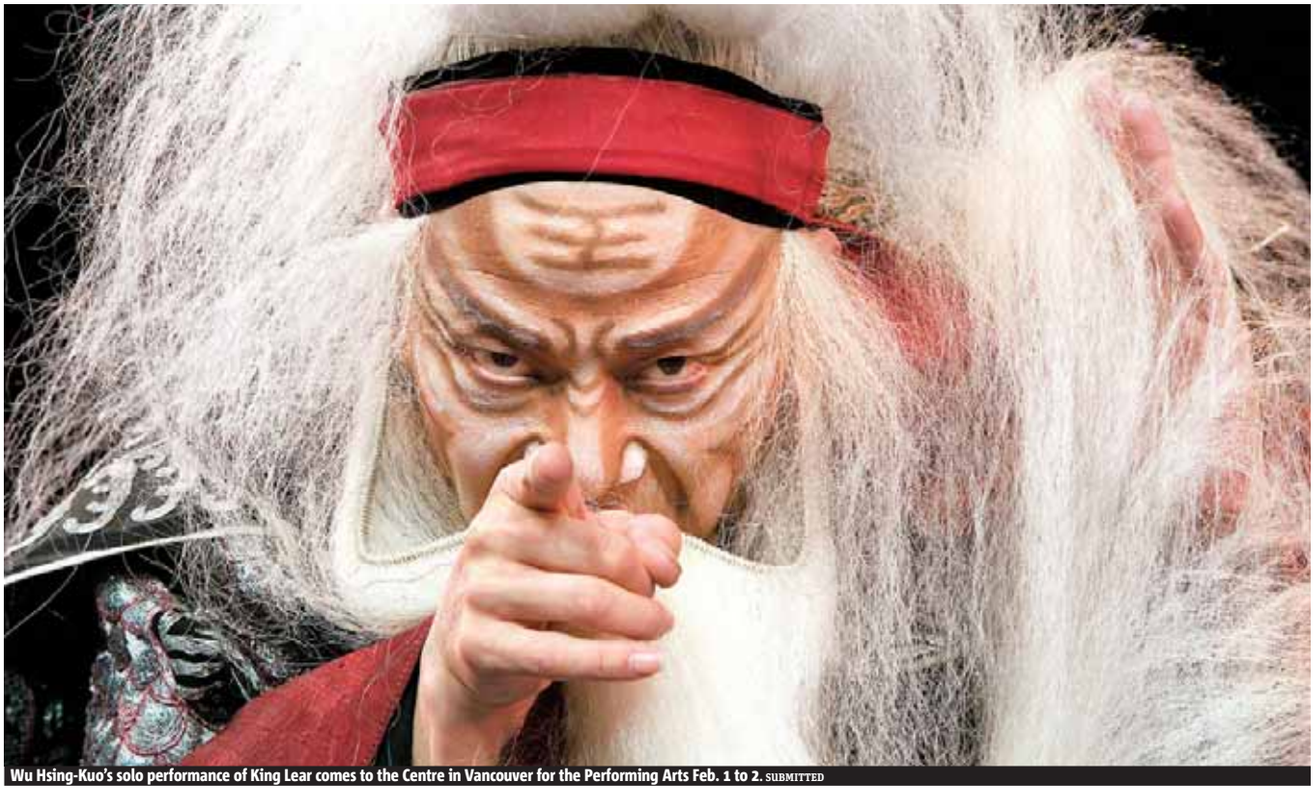
@torrancecoombs: I somehow forgot how bad Vancouver traffic can be. You guys are giving LA a run for its money!

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE 2

Cool picks at PuSh



Wu Hsing-Kuo's solo performance of King Lear comes to the Centre in Vancouver for the Performing Arts Feb. 1 to 2. SUBMITTED

Arts. Festival has so much going on that Graeme revisits last week's theme

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Well, what a week. First the Waldorf announces it's ceasing operations and then we hear the B.C. film industry could also fade to black if it doesn't get provincial support on the tax front.

Bad news all around.

This is an arts column, but I won't use the space to whine about the eroding scene in Vancouver. I will, however, humbly re-state for the umpteenth that we need to keep supporting local arts.

Art is important. As Picasso said, it washes the dust of daily life from our souls.

So what to do? Well, last week, I touched on the PuSh International Performing Arts Festival, which is one of this city's most-eclectic events. In fact, there's so much going on I barely scratched the surface, so I'm revisiting it this week as it's now fully underway at various venues around town.

Here are a handful of cool things to check out at this year's PuSh. Check out PuShFestival.ca for more:

Photog: An Imaginary look at the Uncompromising Life of Thomas Smith: Vancouver-based theatre company Boca del Lupo examines "the juxtapositions and internal struggles that many photogs experience between foreign soil and home turf; between privilege and suffering; between disconnect and belonging; between war and peace." Jan. 22 to 26 at Studio T, Goldcorp Centre for the Arts (149 West Hastings St.)

Do You See What I Mean?: Created by Lyon-based choreographers Martin Chaput and Martial Chazallong, this interesting piece is a 2.5-hour blindfolded tour around the city that invites the spectator to "experience Vancouver in a radically new fashion, turning the routine of daily life into an extraordinary journey of heightened senses and transformed perceptions." Jan. 25 to 27 and Feb. 1 to 3. (Departing every 15 minutes from Access Gallery at 222 East Georgia St.)

King Lear: From Taiwan's Contemporary Legend Theatre comes Wu Hsing-Kuo's solo performance that "fuses time-honoured Peking Opera techniques with Shakespeare's classic tale of great power and cruel deception." Feb. 1 to 2 at The Centre in Vancouver for Performing Arts.

David Carr: Truth and Lies in Life and Art: Veteran New York Times columnist (and recovered addict) David Carr talks about the blurring of lines between fact and fiction in life and art, moderated by David Beers, founding editor of the Tyee. Feb. 3 at the North Shore Credit Union Centre for the Performing Arts Capilano University in North Vancouver.

The Silver Lining and Hunger for fame

Interview. Jennifer Lawrence speaks to Metro about adjusting to the limelight and how she has managed to stay grounded

NED EHRBAR
Metro World News

Actress Jennifer Lawrence is a Golden Globe winner and Oscar nominee. CHRISTOPHER POLK/GETTY IMAGES

Talking to Golden Globe winner and Oscar nominee Jennifer Lawrence is always a treat, as she's the rare young actress who talks frankly and honestly about whatever she feels like without a hint of media training.

Here are some pearls of wisdom from our latest chat with the Silver Linings Playbook and Hunger Games star.

On adjusting to stardom

I feel so bad for Emma Stone, because she's where I was a few months ago. When it first happens, it's horrible because your entire life flips upside down and the entire planet starts treating you differently, and it's really hard to adjust and get used to, but then you get through it. People told me that it would come in waves, and they were right.

I texted Emma yesterday and I was like, "I'm walking down Rodeo Drive. Nothing!" And she was like, "The audacity!" (laughs). But yeah, there are bad days and there are good days.

On what she's learned from Bradley Cooper

He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane. I had to say goodbye to Whole Foods. It's fine, I can get friends to get my groceries. I dipped my foot in the water and I was like, "You know what, you buy me groceries. I don't want Whole Foods to call the police again."

On trying to gain weight for Silver Linings Playbook

I was supposed to, but I was also dancing two hours a day. I kept trying to explain that to (director) David (O. Russell), because he was like, "You're not getting fatter." I had a Philly cheesesteak I think every day. They're on every street corner and they're delicious. And then at the end when I finally slowed down the dancing, it was like, "Yeah, I'm looking pretty good, right? Look at this." And then David's like, "Yeah, you're going to be in a tube top."

Quote

"He was the one who told me I can't go to Whole Foods (anymore), and I tested it and he was totally right. The paparazzi, they're like at every Whole Foods, it's insane."

Jennifer Lawrence
On what she's learned from Bradley Cooper.

On trying to stay grounded

I still want the same life that I grew up with. I still want a family, a normal family. I will have to make a couple of adjustments (because of my career). I'm at peace with myself because I think that maybe not having to deal with years of rejection at such a young age — I think that could definitely be damaging.

I can't imagine letting my young child go through something like that.

There were times when I was doing a movie once that was really emotionally hard for me.

HIT THE SLOPES TONIGHT AND SAVE!

Metro and Cypress Mountain invite you to ski or board tonight and save 25% off of your lift ticket. Simply cut out this ad and bring it to the Alpine area at Cypress Mountain anytime after 2 p.m. today!

Sign-up and you could win Cypress Mountain lift tickets at www.clubmetro.com

VISIT clubmetro.com TO ENTER

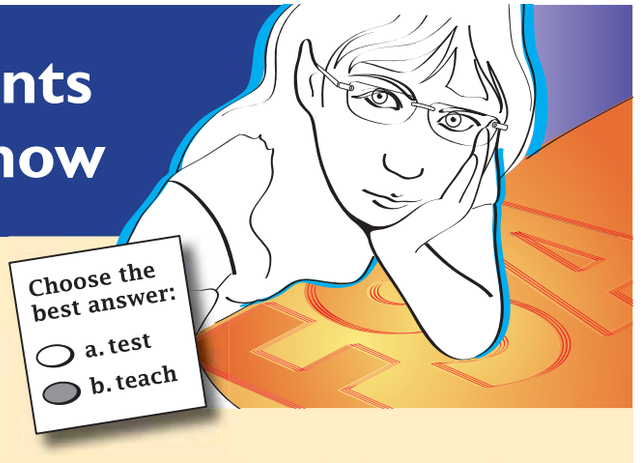
Your ticket to the mountain!
Exchange this voucher on the mountain at the Alpine Ticket Office.
Valid after 2 p.m. to close TODAY ONLY - JANUARY 17

cypress mountain.com

Limited one per customer. Not valid with any other offer.
Must have original coupon.
Not valid with any lesson package.

sp: metro ski Photo provided by Cypress Mountain

What Parents Need to Know



Dear Parents,

The Foundation Skills Assessment (FSA), given to Grade 4 and 7 students, does not count towards your child's marks. The results do not actively support your child's learning.

- FSA tests are expensive and waste money at a time when cuts are being made.
- FSA tests do not help students learn or teachers teach.
- FSA tests take valuable time away from more meaningful learning.
- The data does not provide real help to students, parents, or schools.
- The results are misused to rank schools and promote privatization.

Teachers in Surrey recommend that parents write a letter to your school principal requesting that your child be exempted from the FSA.

To learn more about your child's progress and the real assessments done in the classroom, talk to her or his teacher.

A message from the Surrey Teachers' Association

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I IX VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCMLXXV."

Justin Bieber. ALL IMAGES GETTY

Lindsay Lohan

Lohan 'caused $50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many cigarette burns, they had to change all the carpets. She did at least $50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

The Word

Prince Harry named world's most eligible bachelor

He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

Twitter

@ElizabethHurley
Oh Lord, the rain.....

@ricky_martin
No matter how baddass you are, if a child hands you a plastic phone, you answer it

@ladygaga
So proud of @justinbieber and all the Beliebers! I'm only happy to see your fans growing in size, you all deserve it! Monsters support you!

@SteveMartinToGo
I'm tired, yet I still tweet

Elton John and David Furnish.

Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to have children, but the reality that we now have two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

Get
18,500
SHOPPERS OPTIMUM BONUS POINTS®
WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING IN THE STORE.*
SATURDAY, JANUARY 19 TO TUESDAY, JANUARY 22
THAT'S A $25 SAVINGS VALUE!
FREE feels good
SHOPPERS DRUG MART

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

ANNASOPHIA

In The Carrie Diaries, the television prequel to Sex and the City, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes.

STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA MCGUINNESS
life@metronews.ca

On putting the makeup on ... and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

'80s makeup — yay or nay?

"Eighties makeup was just a bunch of colours and crazy neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look warm. Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for Sex and the City. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel The Carrie Diaries. He talks about how he created the wardrobe for her teenage, 1980s life in The Carrie Diaries.

The wardrobe was such an important part of Sex and the City, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was actually quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carries — Sarah Jessica Parker and AnnaSophia Robb. How do they differ in their approach to her fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

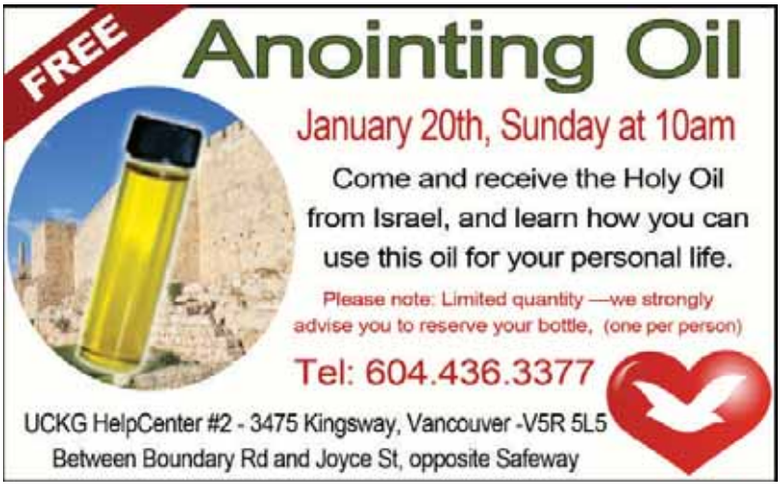
ROMINA MCGUINNESS/METRO

Carrie's keepsakes

Carrie was known for that name plate necklace and her Manolos. What are some of the key accessories and clothing items you're using on the show right now?

- "A personalized Carrie bag from Mark Cross, a "C" initial pendant from Alex Woo and a black polka dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in New York."

Eric Daman is also known for styling the cast of Gossip Girl. PROVIDED


FREE
Anointing Oil
January 20th, Sunday at 10am
Come and receive the Holy Oil from Israel, and learn how you can use this oil for your personal life.
Please note: Limited quantity —we strongly advise you to reserve your bottle, (one per person)
Tel: 604.436.3377
UCKG HelpCenter #2 - 3475 Kingsway, Vancouver -V5R 5L5
Between Boundary Rd and Joyce St, opposite Safeway

This year's evil green decor trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over the last year.

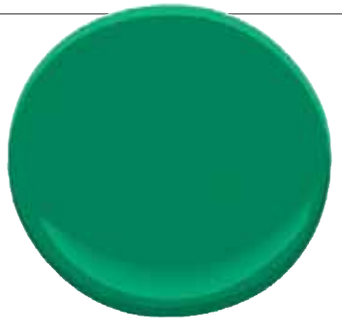
This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throw-back to the glamourous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the rest, I say do not get caught up in the hoopla-ha of it all. In about 300 days there will a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

Use it as the single colour in the room (mixed with an all-over neutral)
Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with bold uses of this rich green colour.

Go big and make everything emerald green
From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

Use it as a little spark of colour
Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.



Vibrant green walls look great when punctuated with fresh white or dramatic black. **Emerald Isle from Benjamin Moore Paint**

Emerald upholstery is a commitment best left to disposable slipcovers. **Photo: Supplied**

Ottoman Yama Patchwork Rug, $15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours. **eCarpetGallery.com**

Siirtolapuutarha Cushion, $59

A dash of green is the best way to implement this year's colour into your existing decor scheme. **EQ3.com**

Learn to avoid pesticides from the dirty dozen

What are the dirty dozen and the clean 15?
-Jen, Port Moody, B.C.

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The dirty dozen and the clean 15 refer respectively to the fruits and vegetables that are the most and least contaminated by pesticide use, according to the Environmental Working Group.

Why do we care?
Pesticides are toxic by design. Different pesticides have been linked to a variety of health problems, including hormone disruption, cancer and brain toxicity.

But for most people, switching to organic produce is a gradual process. Because organic foods tend to be more expensive than their counterparts, making informed choices in the produce aisle helps minimize pesticide consumption while keeping the budget in check.

Should you avoid the dirty dozen?
Absolutely not! Fresh fruits and vegetables are always a healthier choice than processed foods. Besides, non-organic processed foods are sure to contain a slough of chemicals too. Instead, let the guide dictate your allocation of organic verses non-organic purchases.

Apples top the list of most likely to be contaminated by pesticide. ISTOCK IMAGES

Why eat organic food?
All of this opens up a bigger discussion about the choice to eat organic food — and the reasons that not everyone does. Often, the decision comes down to bottom line.

Non-organic foods cost less money. But there are other costs — hidden costs — that have to be considered too. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals. Also included are tangible variables, like the government subsidization of industrial agriculture and our relative comfort (or discomfort) with foreign investment in commercial Canadian agriculture.

There are also ways to offset the increased out-of-pocket expense incurred by prioritizing organic foods.

Committing to cooking whole foods from scratch can largely counteract the cost of organic food purchases.

Change takes time. The dirty dozen and clean 15 lists are a resource to help you make the best choices for your health and for the earth, whatever your current budget or state of greenness.

Contamination list

The Dirty Dozen

Apples, celery, sweet bell peppers, peaches, strawberries, nectarines, grapes, spinach lettuce, cucumbers, blueberries, potatoes

The Clean 15

Onions, sweet corn, pineapples, avocado, cabbage, sweet peas, asparagus, mangoes, eggplant, kiwi, cantaloupe, sweet potatoes, grapefruit, watermelon, mushrooms

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

MC² Marine×Cambie

MARINE + CAMBIE VOTED VANCOUVER'S BEST NEW NEIGHBOURHOOD BY 810 BUYERS*

CONSTRUCTION STARTS FEBRUARY 5TH! · 18 DAYS TO MAKE MC² YOUR HOME

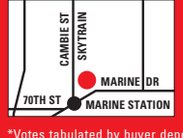
ONE BEDROOMS STARTING FROM $259K

TOWER	SUITE	SF	TYPE	PRICE
SOUTH	601	439sf	1 BED	$260,900
NORTH	501	442sf	1 BED	$268,900
SOUTH	707	442sf	1 BED	$266,900
NORTH	801	442sf	1 BED	$274,900
NORTH	1401	442sf	1 BED	$284,900
NORTH	1609	441sf	1 BED	$284,900
SOUTH	2001	441sf	1 BED	$286,900

TWO BEDROOMS STARTING FROM $439K

TOWER	SUITE	SF	TYPE	PRICE
NORTH	302	741sf	2 BED	$445,500
SOUTH	808	769sf	2 BED	$467,000
SOUTH	1002	784sf	2 BED	$468,000
SOUTH	1508	769sf	2 BED	$488,000
NORTH	1708	784sf	2 BED	$489,000
NORTH	2308	784sf	2 BED	$515,000
SOUTH	2602	784sf	2 BED	$520,500

MC2LIVING.COM 604.638.9998



OPEN DAILY 12-5PM, CLOSED FRIDAYS OR BY APPOINTMENT
8160 CAMBIE ST · ON THE CANADA LINE

INTRACORP

RENNIE MARKETING SYSTEMS

*Votes tabulated by buyer deposits. Pricing, sizing and availability are subject to change. Renderings and photography are approximate only. The developer reserves the right to make changes to the information contained herein without notice. E.&O.E.

The studio of Linda Blinn, editor of Studios magazine, is multi-functional. Blinn uses the shorter table while sitting, and the taller table when she needs to stand to do her mixed-media artwork. THE ASSOCIATED PRESS/INTERWEAVE/KARI BLINN

The studio of Mary Heebner, based in an old industrial building, is ideal to start larger works that she can begin on the floor, and then pin them to a nearby wall. THE ASSOCIATED PRESS/MACDUFF EVERTON

Tips for making an artist's space both functional and inspirational

Work area. Whether you're a painter or a knit designer, the perfect creation starts with the perfect studio

An artist's workspace is as personal as the artwork.

Talk to different artists, and you'll get a variety of individual requirements for the spaces in which they create: Some need a lot of space, others very little. Some need quiet, others crank the music to deafening levels. There are those who want every piece of equipment in its place, and others who scatter their materials all over.

The common denominator? Each finds that personal blend of the functional and the inspirational.

"Once people define a designated space to do their art, it's a very important step on their journey as an artist," says Linda Blinn, editor of the quarterly magazine Studios. "It says, 'I think of myself as an artist.'"

Some artists carve creative space out of closets, armoires, laundry rooms and mudrooms, says Blinn, while others hire designers to create elaborate studios.

"You have to decide what you're going to do there and what you love," says Jo Packham, editor of Where Women Create, a quarterly magazine in which women write about their own creative spaces.

"I love containers. I love little bottles, and everything has to be very organized," Packham says about her own Ogden, Utah, studio.

Packham thinks a good table and chair are essential.

"It wears on you to sit a long time," she explains.

The fun part in planning an art studio is instilling personality and inspiration, which can show up in how things are organized. "Some people can't look at disorder. Everything has to be behind closed doors," says Blinn. "Other people need to see everything they've got, so it has to be out."

Packham likes to see her supplies, storing them in see-through boxes, and glass jars and bottles.

"If it's in a box, for me, it's gone," she says.

Lee Meredith, a knit designer, stores yarns, threads and fabric openly in cubbyholes and hanging shoe organizers. Her supplies are accessible, but they also provide colorful inspiration in the small studio in her Portland, Ore., home.

"I love colours and I love to be able to see all my yarn," says Meredith. "I love to see what will inspire me that day."

Meredith's yarn cubbies are made from Trader Joe's coffee cans covered in contact paper, glued together in two rows, then attached to the wall above her work station.

It's her most popular storage craft, she says, at her craft blog, Leethal.

"It's functional as an organizational tool, but it's really wall art," says Meredith. "It really stands out."

Mary Heebner, a Santa Barbara, Calif., mixed-media painter, prefers a soothing studio space. The walls are white, the better for showcasing her art. She works in quiet, enjoys breaks in nature and needs a lot of floor and wall space. She'll start with a piece on the floor, then pin it to a nearby wall.

"I let the paint drizzle, use powdered pigments, mix paint directly on the surface of the paper," says Heebner. "Then something starts to coalesce."

Mary Heebner is shown in her new studio in Santa Barbara, Calif. THE ASSOCIATED PRESS/MACDUFF EVERTON

Her favourite piece of furniture keeps her organized: a table configured from four filing cabinets — the kind that store maps — with a combined 40 narrow drawers that are stacked in two columns and topped with galvanized metal.

THE ASSOCIATED PRESS

Moorea Hoffman, a San Clemente, Calif., kitchen designer and quilter who helps clients plan their studios, suggests asking these questions:

How much work will be done sitting or standing? Table height needs to match the work. For those who need to stand at a table, for example, as with painting or cutting fabric, the tabletop needs to line up with the crafter's hip bone, Hoffman says, for optimal strength and agility.

How messy will you get? Do you need a wet station and an area that's kept dry? Quilters like to keep their work area clean, while painters need somewhere to clean up.

Is there natural light? Can you control the lighting? Have as bright a light as you can find, but put it on a dimmer switch. Task lighting, such as a table lamp on a swivel arm, is also helpful.

Do your floors support — or hurt — you? Artists enjoy cleanable floors, such as tile and concrete, but these surfaces are hard on knees and backs. Think vinyl tiles. They come in patterns, some that resemble hardwood flooring, or carpet. If you already have a hard surface, use a gel kitchen mat at your primary workstation.

THE FIREPLACE WAREHOUSE
INSERTS STARTING AT $2,737 INSTALLED
DVI26,000 GRAND & CHAMPION GAS INSERTS
Lower your gas bill by installing a gas insert from the fireplace warehouse. Turn the furnace down and fireplace up and heat the rooms you use, not the entire house.
thefireplacewarehouse.ca
#105 - 11091 Bridgeport Rd, Richmond • 604-231-8923
#105 - 14772 64 Ave, Surrey • 604-572-7944
3054 St John's St, Port Moody • 604-461-5656
Monday to Friday 9 a.m. - 5 p.m., Saturday 10 a.m. - 4 p.m.
MADE IN CANADA
Savannah Heating Products Ltd.
LENNOX
VERMONT CASTINGS
MAJESTIC
Big Green Egg
NAPOLEON
CONTINENTAL FIREPLACES

YALETOWN IN PERFECT DETAIL

From award-winning iconic developer Nat Bosa

An exclusive collection of ultra spacious concrete homes luxuriously reinvented

A coveted waterside address in Yaletown's most sophisticated enclave

Commanding views of False Creek and sparkling city lights

NAT BOSA VALUE ASSURANCE
BOSA DEVELOPMENT

PRIORITY REGISTER

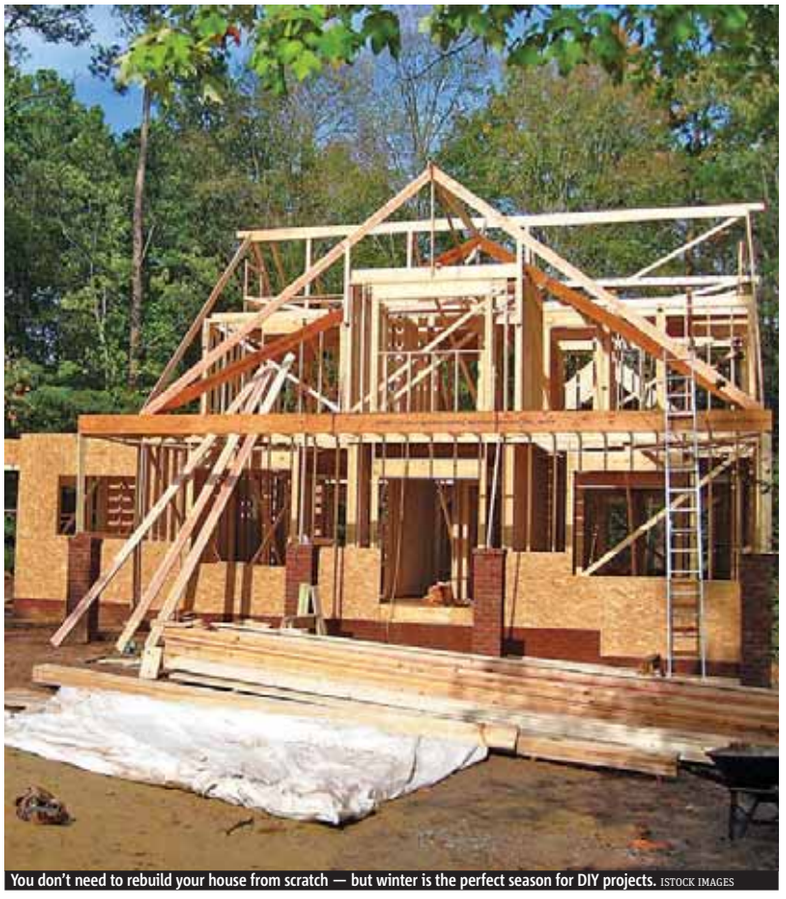
PACIFICPOINT**CONDOS.COM**

604 685 0855

magnum projects ltd

THE BOSA LEGACY

This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&O.E.



You don't need to rebuild your house from scratch — but winter is the perfect season for DIY projects. ISTOCK IMAGES

New year's resolution: make time to DIY

Your dream home.
With a small budget and minimal time, you can give every area in your home a face-lift

With cold weather in full swing, most of us spend our time indoors. So why not take that time to spruce up your living quarters so that they become a special retreat where you feel comfortable and cosy?

The littlest things can go the longest way in your home.

For Your Kitchen
The kitchen island is a popular element that won't be removed anytime soon from room designs.

To give your kitchen a makeover, consider changing the colour of your island by staining or painting it. A fun pop of colour or a classic neutral can change the whole look of the space for an instant update.

An easy way to make your kitchen more functional is to create a magnetic board for empty wall space.

Along with magnetic accessories, this can become a handy place to store everyday items, hang important notes or even reference recipes.

For Your House
An easy way to add instant, personalized decor to your home is to fill glass bowls or canisters with your favourite things.

They can then be displayed simply on coffee tables, bookshelves or anywhere that needs a touch of life.

Fill them with food like nuts, wrapped chocolates or fruit — or even with more personal items such as souvenirs from a recent trip.

Another simple way to add colour and life to your home is by taking advantage of simple frames.

Use leftover pieces of fabric or wallpaper in frames with basic white mats and you have an instant way to incorporate colour or pattern into a room.

For Your Yard
Just because your yard will be imminently covered in snow doesn't mean you can't think about the sunny days ahead! Use this indoor time to create a landscape plan for when the ground thaws.

Fill the area with consistent blooms throughout the year for a real retreat in your backyard.

If gardening isn't your interest, consider patio planning. Think through the perfect patio design for your backyard before implementing it during the warmer months.

Be sure to consider purpose, location, size and of course any fun extras and accessories that you want to include!

FOR EVEN MORE INSPIRATION AND TO SEE DREAM HOUSES BUILT FROM START TO FINISH, CATCH THE BRAND NEW SERIES RAISING HOUSE MONDAYS AT 9PM ET/PT ON DIY NETWORK CANADA.

MENU
DO NOT DISTURB
17 DAYS OF DINE OUT STARTS TOMORROW
FOOD & DRINK
Hundreds of restaurants serving up three-course meals. Plus, lots of BC VQA wine pairings.
PLAY WITH YOUR FOOD
17 days of culinary events, entertainment, theatre & unique experiences.
EVERY STORY STARTS WITH A RESERVATION
DINE OUT. NIGHT OUT.
Enjoy some of Vancouver's premier hotels from $78*.
RESTAURANTS. EVENTS. HOTELS. 17 DAYS. UNLIMITED WAYS TO ENJOY THE BEST FLAVOURS OF THE CITY.
JANUARY 18 – FEBRUARY 3, 2013 DINEOUTVANCOUVER.COM
DINE OUT VANCOUVER™ FESTIVAL
PRESENTED BY
TOURISM VANCOUVER
PREMIER SPONSOR
FESTIVAL SPONSORS
MEDIA SPONSORS
OpenTable
metro
Vancouver
where
™ Trademark of Tourism Vancouver, The Greater Vancouver Convention and Visitors Bureau. ® Used by Amex Bank of Canada under license from American Express.
* Rate is per night, based on double-occupancy, subject to availability and change. Blackout dates may apply. Does not include taxes or fees.

KITS 360

$838/MONTH*

OWN IN KITS FOR LESS THAN YOU'D PAY IN RENT

MOVE IN THIS SUMMER · 604.737.0360 KITS360.COM

PRESENTATION CENTRE 1705 BURRARD AT WEST 1ST · OPEN DAILY 12-5PM, CLOSED FRIDAYS

intergulf DEVELOPMENT GROUP

RENNIE MARKETING SYSTEMS

*Based on 25.8% down payment, 25-year amortization with 1-year fixed rate. Interest rates effective as of October 15, 2012, and are subject to change without notice. Interest is calculated semi-annually, not in advance. All mortgage products are offered by Royal Bank of Canada and are subject to its standard lending criteria. Developer reserves the right to make changes and modifications to the content contained herein without prior notice. E.&O.E.

Maximize seating without sacrificing style

Get creative. Throwing a party? Designers offer tips to accommodate all of your guests

A living room in a townhouse in Santa Monica, Calif. The cowhide ottoman functions normally as a coffee table but for parties the tray is removed for extra seating. KYLE SCHUNEMAN, JOE SCHMELZER/THE ASSOCIATED PRESS

Interior designer Brian Patrick Flynn often incorporates benches into spaces that can serve as decoration, but be pulled out to accommodate guests when entertaining. BRIAN PATRICK FLYNN, CHRISTINA WEDGE/THE ASSOCIATED PRESS

The joy of home entertaining often comes with a challenge: How do you provide enough seating for a roomful of revellers with just a sofa and a few chairs? Are there creative options besides resorting to folding chairs?

Los Angeles-based interior designer Betsy Burnham frequently hears from clients who want help solving this puzzle.

"People are doing more home entertaining than ever," Burnham says, so they want to design their living space to accommodate guests easily. For those without huge rooms, that can be challenging.

Here, Burnham and designers Brian Patrick Flynn and Kyle Schuneman offer advice on maximizing seating without sacrificing style.

Stealth seating

"I'm a big fan of vintage ottomans, stools and sturdy side tables like stumps for this exact purpose," says Schuneman, author of The First Apartment Book: Cool Design for Small Spaces (Clarkson Potter, 2012). These pieces can work as tables or storage surfaces, he says, then occasionally serve "as extra seating for game nights or casual gatherings around the coffee table."

Benches can work the same way. Schuneman suggests buying two benches that co-ordinate nicely with the decor of your living room, and then placing them at the foot of beds in your home. When extra seating is needed, "you can easily pull them out for the holidays and bigger dinners," he says. "And you have a cohesive looking space, as opposed to a bunch of stuff you just pulled from around the garage."

Flynn, founder and editor of decordemon.com, uses ottomans in a similar way. "What I often do is use an upholstered or hardy wood storage ottoman on casters instead of a coffee table in the sofa area," he says. "Inside the storage ottoman, I keep floor cushions. When it's time for guests, the ottoman can be wheeled just about anywhere as extra seating, and the floor cushions allow guests to lounge."

Burnham points out that using ottomans or benches may be more appropriate in a casual family room or great room than in a more formal living room. But even for formal spaces, an elegant ottoman can work: "Done well, it's a beautiful way to bring another fabric into your space," she says.

Chairs from elsewhere

Flynn often uses a mixture of different chairs and benches at a dining room table year-round, rather than a matching set. The look is stylish, and when chairs need to be brought into a living room for a party, they don't necessarily look like they're been taken from the dining room set. The mix can include "a three-seater bench, squatty stools, armless chairs, six chairs and a pair of wingbacks at each end," he says.

Another option he suggests: "Bring in your outdoor seating and deliberately mix it in with the indoor pieces. The juxtaposition can be nice, plus you can co-ordinate them with similar colored cushions or accessories."

Burnham does something similar with seating from game tables: A poker table with four chairs can be a great way to fill one corner of a room, she says, and those four chairs can be placed elsewhere in the room during a larger party.

The right sofa

Pay attention to size and depth when choosing a sofa, Burnham says.

"A standard-size sofa is 7 feet. If you have three seat cushions, people sit in a pristine way in their cushion," she says, and you'll be limited to a maximum of three guests on your sofa. She prefers "sofas that have bench seams, so that it's one big seat," making it more likely that four guests might use the space.

Longer sofas offer additional seating, but Flynn says they're best used in what he calls a "floating space plan," where two identical long sofas are placed across from one another in the centre of a room, rather than having one sofa against a wall. They need to be "balanced with an extra-long coffee table," he says.

Sofas with deep cushions are another option, but Flynn points out that "extra-deep sofas are very tricky. They are insanely comfortable, but can be a space planning disaster. I only use them in super large or grand living rooms. ... You've got to ensure the tables and chairs which surround it have the same visual weight."

Schuneman agrees: "I think you definitely want to mix it up with different patterns and textures of throw pillows, so it doesn't become a big blob in the room."

If you have extra space after choosing your sofa, Burnham suggests focusing on adding chairs to your living room rather than a loveseat. Although loveseats seem to offer more seating than chairs, they are often occupied by just one person. "A loveseat's a tough one," she says, "because I don't think people want to be super physically close" at parties.

Folding and stacking

"Folding chairs are often eyesores," Flynn says, so he prefers chairs that can be stacked when not in use. "My favourite stacking chair is the Emeco Navy chair. It's super light, maybe 7 pounds or so, and it's classic in design. When not in use, stack them seven high in a closet and you'll never know they're there."

Burnham and Schuneman have each found a few types of stylish folding chairs, but they tend to come with higher price tags. She favours black bamboo folding chairs from Ballard Designs (about $100) for rooms with a more traditional style, and has used clear Lucite folding chairs ("kind of like the Philippe Starck ghost chairs") in more modern living rooms.

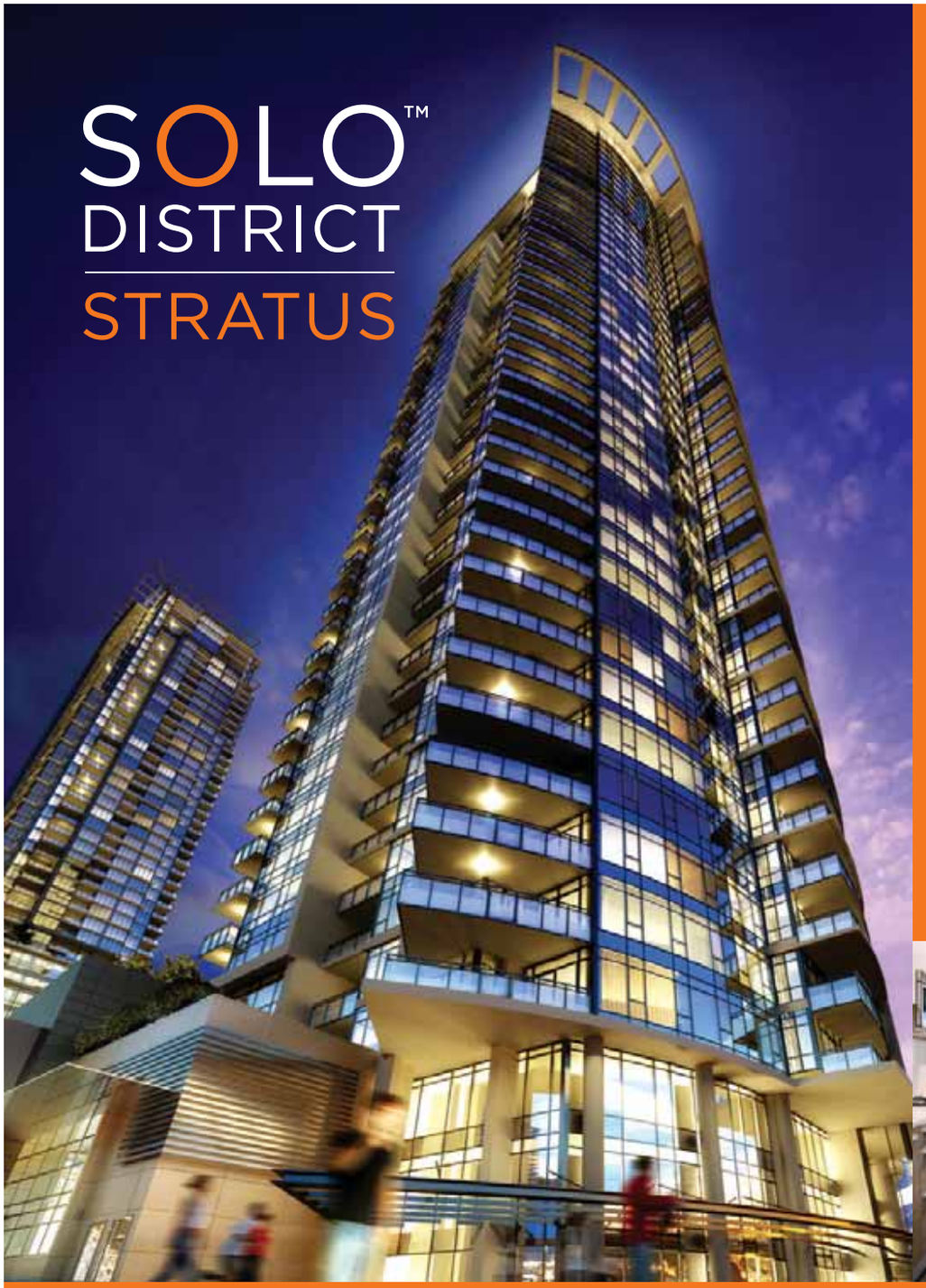
Schuneman likes the fabric-covered "terai" folding chairs from Anthropologie (about $200), and suggests they can serve as a "great inspiration point for a DIY project." Try recovering the cushion of an old upholstered folding chair "in some beautiful fabric that works in your room," he says.

Planning carefully, shopping well and using a little DIY creativity are the keys to solving any holiday seating dilemma, says Schuneman.

"I always tell people to buy pieces that can move throughout your home," he says, "so that chair in the guest room can come into the living room, and that bench in the bathroom could double as an extra surface for gifts or what not. If you purchase pieces in your home that work throughout, it really maximizes your potential."

THE ASSOCIATED PRESS

SUBMISSIONS ARE NOW OPEN!
SCIENCE WORLD BRITISH COLUMBIA
metro
Virgin RADIO 95.3 FM PRESENTS
2013 FAKE FILM FESTIVAL
VANCOUVER
OFFICIAL SELECTION
Recreate your favourite movie in 60 seconds or less.
Not a scene, THE ENTIRE MOVIE!
The winning film scores
$10,000 CASH
Go to virginradio.ca for new rules & details!



SOLO DISTRICT

CONTINUING THE BOSA LEGACY – THE NEW URBAN GENERATION IS HERE

JIM BOSA'S SOLO DISTRICT CONTINUES THE BOSA LEGACY WITH THE HIGHEST STANDARDS IN QUALITY AND VALUE.

BURNABY'S MOST DESIRABLE LAYOUT DESIGNS · 9 FOOT CEILINGS
CENTRAL AIR CONDITIONING · GEOTHERMAL HEAT EXCHANGE SYSTEM
PANORAMIC VIEWS · STEPS TO SKYTRAIN – DOWNTOWN IN 20 MINUTES
WHOLE FOODS MARKET · MASTER-PLANNED COMMUNITY FEATURING
4 ICONIC TOWERS – 1400 HOMES · LOUGHEED & WILLINGDON

OWN FROM THE MID $200,000'S

SOLODISTRICT.COM 604.298.8800

FORTIS BC™ magnum projects ltd. APPIA DEVELOPMENT
BUILDING ON THE BOSA LEGACY

This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&.O.E.

vibrant, urban, central from only $324,900

NOW SELLING ENGLISH MEWS 2!

Centrally located in the heart of Metro Vancouver you are walking distance to rapid transit, outlet stores, parks and schools in New Westminster's up and coming Queensborough neighbourhood.

ENGLISH MEWS 2

#10-1135 Ewen Avenue, New Westminster
Open Daily from 1 - 5 pm (except Friday)
t: 604.517.1688 **www.englishmews.com**

Marketing by
Bob Sethi Personal Real Estate Corporation
www.bobsethi.com
RE/MAX Westcoast. Each office independently owned and operated

Developed by
Tien Sher Group of Companies
www.tiensher.com

facebook.com/tiensher
twitter.com/tiensher
youtube.com/tiensher

* Subject to qualification. See sales team for details. Developer reserves the right to make changes and/or modifications without notice. E. & O.E.

Move in now.

Final release from $159,900

Quattro3 be connected

Located in the new Surrey City Centre, Quattro3 is perfectly situated for the buyer who wants everything in walking distance. Gateway Skytrain station, City Centre Mall, Simon Fraser University Surrey Campus are only minutes away.

No mortgage payment for one year!*

Quattro Discovery Centre:
Located at 127-10788 Whalley Blvd, Surrey
Open daily Noon - 5 pm (except Friday)
Tel: **604.581.8000**
www.quattroliving.com

facebook.com/tiensher
twitter.com/tiensher

TIEN SHER

*Subject to qualification

Rose Barcklow works on her bike in the velo room at her apartment complex in downtown Denver. ED ANDRIESKI/THE ASSOCIATED PRESS

North America pedals toward bike-friendly housing

In 21st century North America, a 19th century invention — the bicycle — is figuring more and more in the calculations of apartment hunters and others looking for suitable digs.

Bike commuting is on the rise in many cities, studies show, and as the number has grown, so has the need for bike-friendly housing.

Many apartment complexes are offering secure storage spaces for bikes. Some developers are even putting bike repair shops in apartment buildings.

"I decided to live without a car, to take the leap," said 31-year-old Rose Barcklow, who lives in a Denver apartment that gives her easy access to the bike lanes she takes on her seven-mile commute to work.

Her apartment complex, Solera, is uber-bike-friendly. Barcklow doesn't have to lug her two bikes up to her apartment because there's a secure storage area for two-wheelers, and she makes use of the "velo room" — a tool-equipped workshop where she can pump up her tires, clean her chain and fix a flat.

"There's brushes, wrenches, the goo that gets grease off your hands and aprons," she said.

Chris Archer, assistant project manager for Zocalo Community Development in Denver, said the developer's next project, a 231-unit apartment complex, will have a bike repair room that includes multiple bike repair stands, a wide range of tools and lots of bike storage space.

Bike-friendly amenities are a big draw for potential residents, Archer said.

"Most folks who move in are very green-minded," he said.

What is bike-friendly housing?

If you're a cyclist who owns a house, you can do pretty much whatever it takes: Put your bike in the cellar or in a locked garage to keep it secure. Build shelves or a cabinet to store helmets, cycling shoes, spare tubes, tires, tools and other gear.

If you don't own your own house, not to worry. An increasing number of apartment buildings are thinking about how they can meet your needs.

In Portland, the collective voice of cyclists is louder that in many other North American cities. In the last several years, Oregon's largest city has built a network of bike lanes, bike paths and streets designated with sharrows — arrow-like symbols painted to remind motorists they share the road with cyclists.

Jean Pierre Veillet is the developer of a building containing an apartment complex called EcoFlats, in North Portland.

"Three thousand people ride their bike by here each day," said Veillet, standing in front of EcoFlats, which has 18 apartments.

In the vestibule is a line of 30 wall-mounted bike racks with a bike hanging from nearly every one. EcoFlats appeals to the green-conscious in other ways as well: On the roof, for example, is an array of photovoltaic and solar thermal panels. Also in the vestibule is a flat-screen monitor that shows the energy usage of each apartment, which creates competition among tenants to be energy-efficient. THE ASSOCIATED PRESS

Forget stews and soups how about cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling. Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted.

Sweet Potato Cannelloni

This recipe serves four. THE CANADIAN PRESS H/O

BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS

Turkey Chili. Serve with rice or potatoes

Feed the little ones after they come back from playing in the cold with this hearty meal.

Ingredients

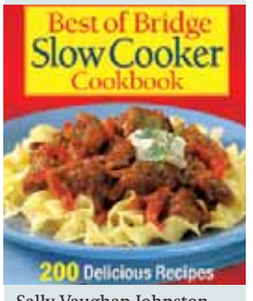
- 1 onion, carrot and celery stalk, chopped
- 500 ml (2 cups) each of chopped cored apples and diced butternut squash
- 4 cloves garlic, finely chopped
- 500 g (1 lb) ground turkey, cooked
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) ground cumin
- 5 ml (1 tsp) dried oregano
- 1 ml (1/4 tsp) each salt and freshly ground pepper
- 1 can (284 ml/10 oz) undiluted chicken broth
- 1 can (400 ml) light coconut milk
- 30 ml (2 tbsp) tomato paste
- 250 ml (1 cup) canned black beans, drained and rinsed
- Coconut flakes and cilantro, for garnish

1. In slow cooker stoneware, combine all of ingredients except for the garnishes. Cook on high for 4 to 6 hours or on low for 8 to 10 hours, depending on your schedule.

2. Open lid for last 45 minutes of cooking to thicken, if desired. Mash squash with the back of a wooden spoon for additional thickening. THE CANADIAN PRESS/CROCK-POT

Cookbook of the Week

Slow it right down



Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood pot-luck to elegant appetizers, breakfast and brunch ideas to delectable desserts. METRO

FLIGHT CENTRE Unbeatable

Las Vegas
from $195*
INCLUDES roundtrip airfare and all taxes and fees.

1 866 519 5111 | flightcentre.ca

*Ex. Bellingham. All advertised prices include taxes & fees. Prices are per person for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Youth Employment Program
for youth with physical disabilities

The Neil Squire Society's Youth Enabled Program is a Canadian gov't funded employment program for job seekers, 15 to 30 yrs old, who have a physical disability.

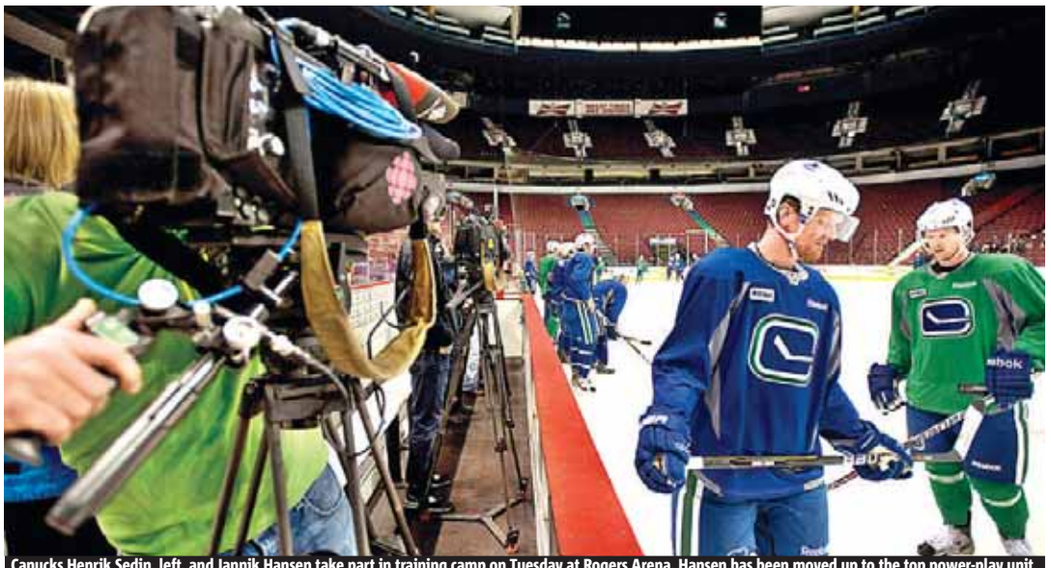
16 weeks PAID classroom work, and on the-job work experience.

Participants must:
- have a disability (physical or mobility related)
- 15 to 30 yrs of age
- unemployed

Program starts January 21, 2013

Register Today! Call Linda at 604.473.9363

Neil SQUIRE SOCIETY



Canucks Henrik Sedin, left, and Jannik Hansen take part in training camp on Tuesday at Rogers Arena. Hansen has been moved up to the top power-play unit with Ryan Kesler still recovering from injury. JONATHAN HAYWARD/THE CANADIAN PRESS

Power up: Hansen promoted by Canucks

NHL. Winger skates on top power-play unit with Sedin twins

CAM TUCKER
cam.tucker@metronews.ca

Jannik Hansen was holding court with reporters, getting asked about the latest development with the Vancouver Canucks, when his head coach, Alain Vigneault, interrupted.

"Power play, power play, power play," Vigneault chimed in as he walked by.

That was the breaking news of Wednesday morning's on-ice sessions.

A reliable two-way instalment on the Canucks' third line, Hansen has been selected to join the top power-play unit with the twins, Henrik and Daniel Sedin.

For now, at least.

Hansen, 26, replaces the usual right-handed shooter Ryan Kesler, who has still not been cleared to play after undergoing shoulder and wrist operations during the off-season.

"It's nice to get the opportunity," Hansen said.

Quoted

"Every player wants to get an opportunity, and then it's up to the player ... to prove that they belong there." Canucks forward Jannik Hansen

"Every player wants to get an opportunity, and then it's up to the player ... to prove that they belong there."

Hansen, a ninth-round pick, 287th overall by the Canucks in 2004, is coming off a career-best NHL regular season, scoring 16 goals and 39 points.

He spent much of the lockout playing for Tappara of SM-liiga in Finland, seeing increased time on the power play — "A little more than I've been used to the last couple of years," he quipped — while awaiting an end to the labour dispute.

Hansen had two distinctive qualities that helped influence the coaching staff's decision to use him on the power play, and a reference from the Sedins themselves never hurts.

"Throughout the years, at different times we have used him with the twins," Vigneault said.

"It has worked out for us and on the power play I think Jannik's got more skill than people give him credit for.

"But I also think he doesn't mind going to those tough areas and he's a real solid net-presence. The fact right now that he's a right-handed shot, that helps the power play."

NHL

Henrik stars at Canucks scrimmage

It took a while for the offence to get going, but the scoring eventually came.

After two 10-minute periods of scoreless hockey, Team Blue scored twice in the third on goals from Henrik Sedin and Alex Edler to defeat Team Grey 2-1 at Rogers Arena Wednesday night.

Sedin opened the scoring early in the 15-minute third period with a beautiful deflection on an Edler point shot.

Andrew Ebbett evened the score for Team Grey late in the third, but Edler quickly responded with a quick snap shot that beat Cory Schneider glove side with less than a minute remaining.

METRO

MLS

Whitecaps head into draft with picks 5 and 10

The Vancouver Whitecaps go into the 2013 MLS SuperDraft tomorrow ready with the fifth and 10th overall picks.

Last year, the Whitecaps selected Jamaican striker Darren Mattocks with the second overall pick. The selection proved immediately successful. Mattocks, a 22-year-old rookie at the time, led the team with seven goals.

Whitecaps president Bob Lenarduzzi also hasn't counted out the chance his club might trade one of those picks should the right offer come along. The draft is scheduled to begin at 9 a.m.

METRO

Lions to make 'major announcement'

Keron Williams kisses Travis Lulay after the Lions 2011 Grey Cup win in Vancouver. JEFF VINNICK/GETTY IMAGES FILE

The B.C. Lions will make a "major football operations announcement" Thursday morning in downtown Vancouver, and speculation is it could be about an extension for quarterback Travis Lulay.

Head coach Mike Benevides told Team 1040 radio on Wednesday that extending Lulay's contract was a "top priority" for the CFL team.

Lulay turns 30 in September and was the CFL's most outstanding player and Grey Cup MVP of 2011.

General manager Wally Buono and team president and CEO Dennis Skulsky will be on hand at Thursday's announcement.

Buono also said this week that the team has made contract offers to a "bulk of the guys" who are pending free agents, including Solomon Elimimian.

Free agency begins on Feb. 15. Elimimian's agent, Bardia Ghahremani, said in late November that his client was seeking a release from the Lions so he could work out for teams in the NFL.

The Cleveland Browns, who cut Elimimian last September, allowing him to return to the Lions in September, are reportedly interested in the hard-hitting import linebacker.

"Obviously, he's got to make a decision on what he wants to do," Buono said Tuesday in a phone interview.

Buono has also had talks with 37-year-old slotback Geroy Simon, the CFL's all-time leader in receiving yards.

Simon now has a career 15,787 yards receiving. He's been with the Lions for 12 of his 14 CFL seasons and is widely popular with the local fan base.

But Simon, who turns 38 in September, is coming off a difficult 2012 season. He had just 700 yards receiving and two touchdowns, and was hampered by two separate hamstring injuries.

"What we're trying to do is come to a resolution on what's best for both the club and for him," Buono said.

CAM TUCKER/METRO

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

Horoscopes

♈ Aries
March 21 - April 20
Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

♉ Taurus
April 21 - May 21
You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

♊ Gemini
May 22 - June 21
If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

♋ Cancer
June 22 - July 23
If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

♌ Leo
July 24 - Aug. 23
In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

♏ Scorpio
Oct. 24 - Nov. 22
With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

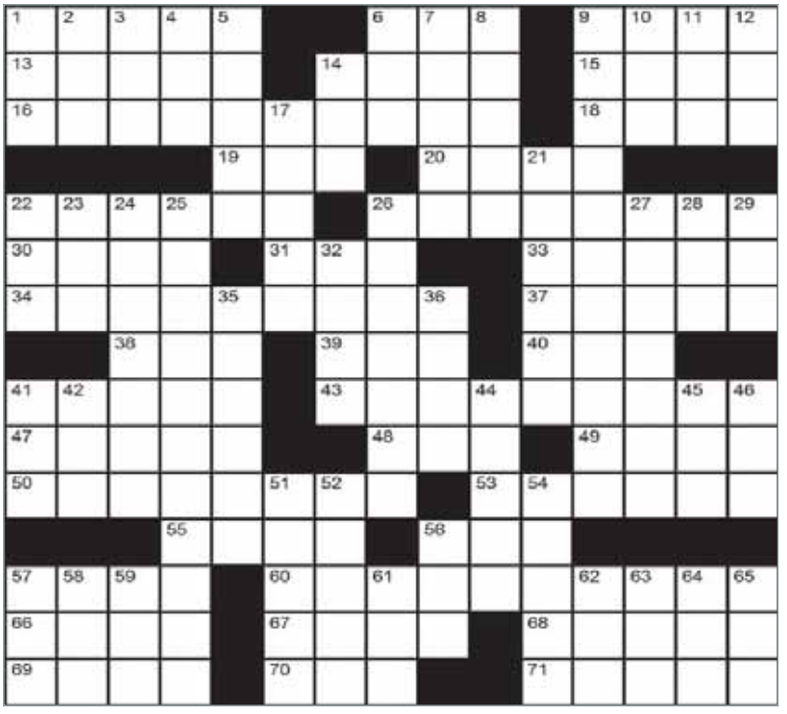
♑ Capricorn
Dec. 22 - Jan. 20
You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

♒ Aquarius
Jan. 21 - Feb. 19
There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for the better. SALLY BROMPTON

Crossword: Canada Across & Down

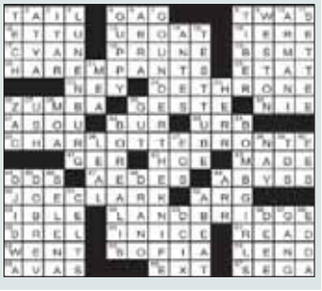
BY KELLY ANN BUCHANAN



Across
1. Island of wild horses in Canada
6. Michael Jackson song
9. Maritime folk tune: "Song for the __"
13. Nature photographer Mr. Adams
14. 'Star Wars' universe knight
15. Actress, __ Rachel Wood
16. New "American Idol" judge: 2 wds.
18. Cozy corners
19. Deryck Whibley's band, __ 41
20. "Me neither.": 2 wds.
22. Blessings
26. Accessorized like The Penguin
30. School subj.
31. Bird of Australia
33. Celebrity chef Ms. De Laurentiis
34. Saskatoon band, The __
37. Feminizing suffixes
38. Director Spike
39. Game-on-the-green org.
40. Teacher's pen
41. Loud
43. Eminem alias: 2 wds.
47. Armada
48. 'Client' completer
49. Halo
50. Scanned-at-checkout things: 2 wds.
53. Is allowed: 2 wds.
55. McGill, e.g.
56. Launch site
57. House entrance
60. Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
66. Lucy __ Montgomery
67. Donated
68. Halle Berry's Canadian ex, Gabriel __
69. Middles, mini-ly
70. Finish
71. Ms. Witherspoon

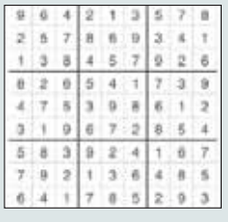
Down
1. __ Andreas Fault
2. Tropical cuckoo bird
3. Graduate's degree, e.g.
4. Currency in Albania
5. Beethoven's title lady
6. Mr. Mulroney
7. A Bell for __ (John Hersey Pulitzer-winning novel)
8. Mustard variety
9. Alberta city: 2 wds.
10. "__ had it!"
11. Sprinted
12. 'A' of Q&A, for short
14. Mr. Carrey
17. Pondered
21. Canadian communications company
22. Baseball execs
23. Cheerleader's cheer!
24. Designer's studio
25. Poutine pieces: 2 wds.
26. J.K. Rowling's non-magical folks
27. Some horse-drawn carriages
28. Dutch city
29. "__ Boot" (1981)
32. Cleans the floors
35. Quarterback Mr. Manning
36. Go on a yacht
41. Canadian cinematic org.
42. 'Motor' suffix
44. Actress Ms. Fox
45. "__. _ & the Women" (2000)
46. Former-NBAer, __ Ming
51. Mournful melody
52. Mineral water brand
54. __ Allan Poe
56. Dessert choice
57. Rap legends, Run-_ _ _
58. Porridge particle
59. __ Lady Peace
61. Home theatre item
62. Shade
63. UK award since 1917
64. Alternatives
65. Nice 'n Easy product

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



4				6				3
	2				7	8	1	
	7		9	5				
	1					2		
5		7				4		1
		8					3	
				9	8		4	
	5	2	7				6	
9				2				7

Today
5°/1°
Sunny
Friday
6°/3°
Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Weather your cold.

HALLS

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.

JANUARY HOT BUYS SALES EVENT

Danby Silhouette

Under Cabinet Range Hood

Model: DUHC3015SSL / DUHN3615SSL
Color: Stainless Steel

Available in 30" & 36" Width

MSRP $599

SALE PRICED **$299**

Danby Silhouette

30" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH30X15SST
Color: Stainless Steel

MSRP $599

SALE PRICED **$399**

Danby Silhouette

30" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH3015SST
Color: Stainless Steel

MSRP $599

SALE PRICED **$399**

Danby Silhouette

36" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH3635SST
Color: Stainless Steel

MSRP $799

SALE PRICED **$499**

SAMSUNG

1.8 Cu. Ft. Over-the-Range Stainless Steel Microwave

Model: SMH1817S

MSRP $399

SALE PRICE **$349**

☐ Subtract $50 for White

FRIGIDAIRE

1.6 Cu. Ft. Over-The-Range Microwave

Model: CPMV1652LM
Color: Silver Mist

MSRP $399

CLEARANCE **$199**

FRIGIDAIRE

20.6 Cu. Ft. Top Freezer Refrigerator

Model: FFHT2120LS
Dimensions: 29.5" W x 69" H x 34.25" D
Color: Stainless Steel

MSRP $949

CLEARANCE **$529**

SAMSUNG

21.6 Cu. Ft. French Door Refrigerator

Model: RF220NCTASR/AA
Color: Stainless Steel
Dimensions: 30" W x 65.4" H x 34" D

MSRP $1599

SALE PRICED **$1199**

---

moffat

3.5 Cu. Ft. Top Load Washer

Model: MTAP1200GWW
Color: White

MSRP $499

SALE PRICE **$399**

GE

GE Wall Mount Electric Dryer

Model: PCXE43EBRWW
Color: White

MSRP $549

SALE PRICED **$399**

GE

20.2 Cu. Ft. Top Mount Refrigerator

Model: GTR20GAZRWW
Color: White
Dimensions: 29.8" W x 66.7" H x 32.5" D

MSRP $649

SALE PRICED **$499**

SAMSUNG

22 Cu. Ft. Bottom Freezer Refrigerator

Model: RL22D8NCTASR
Color: Stainless Steel
Dimensions: 29.8" W x 66.4" H x 34" D

MSRP $1499

SALE PRICE **$1299**

FRIGIDAIRE

30" Freestanding Electric Range

Model: CFEF3012LW
Color: White

MSRP $499

SALE PRICE **$399**

DeLonghi

24" Gas Cooktop

Model: CCT624
Color: Stainless Steel

MSRP $899

SALE PRICE **$799**

DeLonghi

24" Wall Oven (Gas or Electric)

Model: CB624 or CE624
Color: Stainless Steel

GAS SALE PRICE **$1499**

ELECTRIC SALE PRICE **$1599**

DeLonghi

30" Dual Fuel Range w/ 17,000 BTU Burner

Model: QEFSGE304CSS
Color: Stainless Steel

BUY THIS RANGE & GET A FREE HOOD

MSRP $3299

SALE PRICE **$2299**

---

moffat

30" Freestanding Electric Range

Model: MCBS623RWW
Color: White

MSRP $429

SALE PRICE **$329**

SAMSUNG

4.3 Cu. Ft. Steam Washer & 7.3 Cu. Ft. Steam Dryer

Models: WF331 / DV331
Color: White

MSRP $1799

PAIR SALE PRICE **$1499**

SAMSUNG

4.0 Cu. Ft. Washer and 7.3 Cu. Ft. Electric Dryer

Models: WF210ANW/DV210AEW
Color: White

MSRP $1499

PAIR SALE PRICE **$1299**

HANDY INSTALLATION

At Handy, we provide your one-stop appliance installation solution. We will deliver your new appliance to your house for installation. Qualified Handy installers will then disconnect and remove your old appliance, and prepare the site for your new appliance. We will even modify your cabinets, countertops and fittings to suit if required. We will then unpack your new appliance, and install it safely and professionally. Your home will be left clean and rubbish-free, and we will give you a demonstration of how your new appliance works.

*Additional charges apply for installation of appliances, see in store for more info.

Looking to replace your fridge water filter?

Buy 1 and Get 50% OFF the second one!

Expires January 31, 2012

21.7 Cu. Ft. Chest Freezer

** Only 2 Available **

FREIGHT DAMAGED UNIT **$499**

Sales • Service • Parts

HANDY APPLIANCES LTD

Conveniently Located at:
705 E 17th Ave
(Corner of Fraser & 17th)
Vancouver, British Columbia

Hours of Operation

Monday To Friday	8:00AM - 5:30PM
Saturday	9:00AM - 4:00PM
Sunday	Closed

Tel: 604-879-1555 **Fax: 604-879-1575** **www.HandyAppliances.ca**

WE SELL, SERVICE, & INSTALL APPLIANCES. AND WE SELL APPLIANCE PARTS!